

PATIENT HANDOUT 1



1. Each stage is at least 24 hours. Move to the next stage only when activities are tolerated without new or worsening symptoms.
2. If symptoms re-appear, return to the previous stage for at least 24 hours.
3. If symptoms don't improve, but continue to get worse, contact your doctor or get medical help immediately.

AT HOME

Cognitive & physical rest (24-48 hours)



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Short board games ✓ Short phone calls ✓ Camera photography ✓ Crafts | <ul style="list-style-type: none"> ✗ School ✗ Physical exertion/ stair climbing ✗ Organized sports |

If tolerated, limited amounts of

- TV
- Computer/cell phone use
- Reading

READY FOR NEXT STAGE? Symptoms start to improve OR after resting for 48 hours max.

Stage 1 Light cognitive activity



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Easy reading ✓ Limited TV ✓ Drawing/LEGO/ board games ✓ Some peer contact | <ul style="list-style-type: none"> ✗ School ✗ Work ✗ Physical exertion/ stair climbing ✗ Organized sports |

If tolerated, limited amounts of

- Computer/cell phone use

READY FOR NEXT STAGE? Tolerate 30 mins. of cognitive activity at home

Stage 2 School-type work/ Light physical activity



- | OK if tolerated | Not OK |
|--|--|
| <ul style="list-style-type: none"> ✓ School-type work in 30 min. chunks ✓ Light physical activity ✓ Some peer contact | <ul style="list-style-type: none"> ✗ School attendance ✗ Work ✗ Physical exertion/ stair climbing ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate up to 60 mins. of cognitive activity in 2-3 chunks

AT SCHOOL

Stage 3a Part-time school Light load



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Up to 120 mins. of cognitive activity in chunks ✓ Half-days at school, 1-2 times a week ✓ Some light physical activity | <ul style="list-style-type: none"> ✗ Music/Phys. Ed class ✗ Tests/exams ✗ Homework ✗ Heavy physical loads (e.g. backpack) ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate school work up to 120 mins. a day for 1-2 days/week

Stage 3b Part-time school Moderate load



- | OK if tolerated | Not OK |
|--|---|
| <ul style="list-style-type: none"> ✓ Limited testing ✓ School work for 4-5 hours/day in chunks ✓ Homework up to 30 mins./day ✓ 3-5 days of school/week ✓ Decrease learning accommodations | <ul style="list-style-type: none"> ✗ Phys. Ed class/ physical exertion ✗ Standardized tests/exams ✗ Organized sports |

READY FOR NEXT STAGE? Tolerate school work 4-5 hours/ day in chunks for 2-4 days/week

Stage 4a Nearly normal workload



- | OK if tolerated | Not OK |
|--|--|
| <ul style="list-style-type: none"> ✓ Nearly normal cognitive activities ✓ Routine school work as tolerated ✓ Homework up to 60 mins./day ✓ Minimal learning accommodations | <ul style="list-style-type: none"> ✗ Phys. Ed class ✗ Standardized tests/exams ✗ Full participation in organized sports |

READY FOR NEXT STAGE? Tolerate full-time academic load without worsening symptoms

Stage 4b Full time



- | OK if tolerated | Not OK |
|--|--|
| <ul style="list-style-type: none"> ✓ Normal cognitive activities ✓ Routine school work ✓ Full curriculum load ✓ No learning accommodations | <ul style="list-style-type: none"> ✗ Full participation in sports until medically cleared. (See Return-to-Sport Strategy) |

READY FOR NEXT STAGE? Stages 5-6 of the Return-to-Sport Strategy

Adapted from: Parachute's Canadian Guideline on Concussion in Sport (2017) • Consensus Statement on Concussion in Sport (McCrory et al., 2017) • CATT Return to School • McMasterU's CanChild Return to School Guideline • Ophea's Ontario Physical Education Safety Guidelines

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