# **Parachute's Protocol for RETURN TO LEARN After a Concussion**

- 1. Move forward to the next stage only when Symptomfree for 24 hours
- 2. If symptoms re-appear, regress to previous stages and only participate in activities that you can tolerate
- 3. Contact your physician or seek medical help immediately if symptoms worsen

### AT HOME

Light cognitive

activity

**83** 

Cognitive and physical rest



#### **OK** if tolerated

- ✓ Short board games
- Short phone conversations
- ✓ Photography
- ✓ Crafts

READY

FOR

NEXT

STAGE?

#### **Not OK**

- × No TV
- X No computer/ cellphone use
- × No reading
- X No school
- X No physical exertion/ stair climbing
- X No organized sports

**Symptom-free for 24 hours** 

between each stage

- ✓ Easy reading
  - ✓ Limited TV

READY

FOR

**NEXT** 

STAGE?

**2**a

✓ Drawing/LEGO/board games

**OK** if tolerated

✓ Some peer contact

## **Not OK**

- X Avoid computer use
- X No school attendance
- No physical exertion/ sports
- × No work

**Nearly** normal

workload

X No stair climbing

Tolerate 30 min cognitive/

school type activity at home

Stage 2b

### Light physical activity





Not OK

#### **OK** if tolerated

- X No school attendance ✓ School-type work in 30 minute increments X No physical exertion/
  - sports
- ✓ Light physical activity ✓ Some peer contact
  - × No work
  - X No stair climbing

READY FOR **NEXT** STAGE?

Tolerate up to 1 hour of cognitive activity in 2-3 chunks

## AT SCHOOL





#### **OK** if tolerated

- ✓ Up to 120 mins of cognitive activity in intervals
- ✓ 0.5 days of school/1-2

  X

  No homework times a week
- ✓ Some light physical activity

**READY** 

FOR

NEXT

STAGE?

## **Not OK**

- X Avoid music/gym class
- X No tests/exams
- X No heavy physical loads (e.g. backpack)



#### **OK** if tolerated

- ✓ Limited testing
- ✓ School work in 4-5 hours/day chunks
- ✓ Homework up to 30 minutes/day
- ✓ 3-5 days of school/ week
- Decrease learning accommodation

### **Not OK**

- X No gym/physical exertion
- X No standardized tests/



#### **OK** if tolerated

- as tolerated
- X No organized sports

- Nearly normal cognitive activities
- ✓ Homework up to 60 

  ✓ No organized sports minutes/day
- ✓ Minimal learning accommodation



#### **Not OK**

- X No gym/physical exertion
- ✓ Routine school work X No standardized tests/ exams



### Full time





### **Not OK**

✓ Normal cognitive activities

**OK** if tolerated

- Routine school work
- ✓ Full curriculum load
- ✓ No learning accommodation
- ✓ Begin Return to Play protocol

× No full participation in sports until medically cleared after Return to Play protocol

**READY FOR NEXT** STAGE?

Follow Return to Play protocol

Tolerate school work up to 1-3 hours a day for 0.5-1 day/week READY FOR NEXT STAGE?

Tolerate 4-5 hours/day in chunks for 2-4 days/week

READY **FOR NEXT** STAGE?

Tolerate full-time academic load without worsening symptoms