

**Participation in school/work (choose one of the following):**

Patient is cleared to return to work/school and activities of daily living without restrictions.

Patient is not cleared to return to work/school until further notice.

Patient may return to work/school on ***insert date here***, with the following restrictions/supports (***choose from the following bulleted options based on clinical presentation and evaluation***):

Length of Day:

- Please allow patient to use ***insert subject(s) here*** class as study hall in a quiet area.
- Shortened school/work day: Recommend ***insert length of day*** here until ***insert date here***.
- Recommend core classes only.

Extra Time:

- Take mental rest breaks during the day as needed. Check for return of symptoms when participating in any activities that require a significant amount of attention or concentration.
- Allow extra time to complete tasks.
- Please allow \_\_\_ weeks to make up missed assignments, test, quizzes.

Visual/Vestibular Accommodations in School:

- Allow patient to eat lunch in quiet environment with 1-2 classmates.
- Allow patient to leave class 5 minutes before end of period to avoid busy/noisy hallway.
- Please provide any supplemental learning materials (power points, lecture notes, handouts, etc) in minimum size 18 font and allow/provide any auditory supplements to learning when possible (books on tape, audio tape lectures, etc) to limit visual stress in the classroom.
- Patient is cleared for auditory participation only. Patient is not cleared for homework, quizzes, or tests at this time.

Testing:

- May begin taking tests/quizzes on ***insert date here*** with no more than one test/quiz per day.
- No significant classroom or standardized testing until ***insert date here***.

Home/Extracurricular:

- Lessen work/homework load to allow adequate cognitive rest. Work \_\_\_ minutes with intervals of \_\_\_ minute breaks (total \_\_\_ hours).
- Limit visual stimulants including: driving, watching television/movies, reading, using cell phone, etc. - to ensure relative visual cognitive rest. NOT cleared for video or phone games. May participate \_\_\_ minutes with intervals of \_\_\_ minute breaks (total \_\_\_ hours).

**Participation in physical activity (choose one of the following):**

Patient is cleared to return to physical activity participation without restrictions.

Patient is not cleared for formal physical activity (includes physical education class, sports practices, sports games, weight training, etc) at this time.

- However, we recommend that patient has 20-30 minutes of light cardiovascular activity daily, with NO risk of head injury (example: walking), staying below level of symptoms.

## Sample Care Plan – May 2017

- Gradual progression of physical activity (30-45 min/day) with no risk of head trauma while staying below level of symptoms. This may include exercise bike, jogging, isometric or low-vestibular stress resistance exercise, etc.
- Cleared for physical activity that poses NO RISK of head trauma.

### Gradual return to physical activity under the supervision of a physician and/or athletic trainer (**choose one of the following**):

- Once **asymptomatic for 24 hours**, patient may start Stage **insert number here** of the **insert sport here** Exercise Progression Protocol. This is to be monitored by patient's parent/coach/athletic trainer (please choose one).
- Patient may start Stage **insert number here** of CFPSM's **insert sport here** Exercise Progression Protocol. This is to be monitored by patient's parent/coach/athletic trainer (please choose one).
- Patient is not cleared for full contact activities, activities with risk of head trauma or unsupervised physical activity while participating in CFPSM's Exercise Progression. Check for return of symptoms when participating in activity and 24 hours following. If symptoms return, patient to contact our office for further recommendations.

### Active Treatment Strategies:

- It is important to stay well hydrated, aiming for half of your body weight in fluid ounces per day (100 lbs = 50 oz). We also recommend a well-balanced diet containing lean protein, 'good' fats (eg nuts, avocados, eggs, etc), and complex carbohydrates (vegetables, fruits, brown rice, sweet potatoes, etc). We encourage eating breakfast. See your nutrition / hydration handout for more details.
- Quality sleep is very important in concussion recovery. We encourage lots of sleep for the first 24-72 hours following injury. After that, it is important to regulate your sleep cycle. We encourage \_\_\_ hours of sleep per night. Avoid napping during the day, and keep your sleep schedule the same during the week and on weekends (eg. go to bed at the same time, wake up the same time).

### ***Choose from the following, based on clinical presentation and evaluation:***

- Begin taking Amantadine medicine as directed.
- Begin taking DHA supplement as directed.
- Begin home vestibular exercise program as directed.
- Begin home exercise program for neck as directed.