



DEPARTMENT OF ATHLETICS GRADUATED RETURN TO ACADEMICS AFTER HEAD INJURY/CONCUSSION

Name: _____

Date of Head Injury: _____

MD Signature: _____

Date of Appointment: _____

STEP	PROGRESSION	DESCRIPTION	REVIEWED
1 & 2	Home - Total Rest and Light Mental Activity	No mental exertion - computer, texting, video games, homework. Up to 30 minutes mental exertion. Stay at home. No driving.	Student _____ Nurse _____ Date _____
PROGRESS TO NEXT LEVEL WHEN ABLE TO HANDLE UP TO 30 MINUTES OF MENTAL EXERTION WITHOUT WORSENING OF SYMPTOMS			
3	School - Part Time - Max Accommodations - Shortened Day / Schedule - Built-in Breaks	Provide Quiet Place for scheduled mental rest No significant classroom or standardized testing Modify rather than postpone academics Provide extra time, extra help, and modified assignments	Student _____ Nurse _____ Date _____
PROGRESS TO NEXT LEVEL WHEN ABLE TO HANDLE UP TO 30 MINUTES OF MENTAL EXERTION WITHOUT WORSENING OF SYMPTOMS			
4	School - Part Time - Moderate Accommodations	No standardized testing Modified classroom testing Decrease of extra time, help, and modified assignments	Student _____ Nurse _____ Date _____
5	School - Full Time - Minimal Accommodations	No standardized testing. Routine tests okay Continued decrease of extra time, help and modified assignments May require more supports in academically challenging subjects	Student _____ Nurse _____ Date _____
6	School - Full Time - Full Academics - No accommodations	Attends all classes Full homework Released for return to athletics protocol	Student _____ Nurse _____ Date _____

**If any post-concussion symptoms develop at any stage, drop back to the previous level and try to progress again in 24 hours.
No medications may be taken during any step of the progression. This is to prevent masking a more serious underlying condition.
You must check in with your coach or athletic director every day PRIOR to practice to review these steps.**