

Recommendations for Return to Daily Activities After a Concussion

Below are the five stages that you can expect during your child's recovery from a concussion, mild traumatic brain injury (mTBI), or closed head injury. A rough timeline is provided but it is only a rough estimate. Since every child and every injury is different, your child may take a shorter or longer time to heal. If you have any questions or concerns, please call the Head Injury Clinic at 513-803-HEAD (4323).

Stage of Healing	Home Activities	School Activities	Physical Activity
<p>Stage 1: Your child has many symptoms. Usually days 0-3 after injury</p>	<ul style="list-style-type: none"> -Rest in a dark, quiet area. -Sleep as much as possible. -No reading or "screen time" (texting, computer, cell phones, video games or TV). -Drink plenty of fluids and eat healthy, well-balanced meals. 	<ul style="list-style-type: none"> -Complete mental rest. -No school. -Avoid activities that require thinking, focus, and remembering. -No make-up homework or take-home tests. 	<ul style="list-style-type: none"> -No physical activity. Rest as much as possible. -Walking short distances to get around is okay.
<p>Stage 2: Your child is getting better but still has a lot of symptoms. Usually days 2-7 after injury</p>	<ul style="list-style-type: none"> -Set a regular bedtime and allow for at least 8-10 hours of sleep each night. Nap whenever needed. -Limit "screen time" (texting, computer, TV, video games, and cell phone usage) to less than 30 minutes a day. -Drink plenty of fluids and eat well-balanced meals. 	<ul style="list-style-type: none"> -Gradually return to school. Start with a couple hours at first, then progress to a half day. -Attend only core subject classes. -Attend shortened class times if needed. -Do not take tests or quizzes. -Use preprinted class notes. -Complete only necessary assignments, limiting time spent working to 20-30 minutes. Quit if symptoms worsen. 	<ul style="list-style-type: none"> -Light physical activity such as walking is allowed. Avoid strenuous physical activity, contact activities, and any activity with a high chance of falling.
<p>Stage 3: Your child is getting better and only has a few mild symptoms. Usually days 4-11 after injury</p>	<ul style="list-style-type: none"> -Continue the regular bedtime. Allow for at least 8-10 hours of sleep each night. Avoid napping during the day. -Limit "screen time" to less than one (1) hour a day. -Drink plenty of fluids and eat well-balanced meals. -Spend limited time with friends outside of school. 	<ul style="list-style-type: none"> -Progress to attending full days of school. -Slowly add in special/elective classes. -Take one (1) test or quiz a day. -Work on assignments and make up work for longer periods of time. 	<ul style="list-style-type: none"> -Light physical activity such as walking.
<p>Stage 4: Your child's symptoms have gone away. Usually days 7-16 after injury</p>	<ul style="list-style-type: none"> -Continue to increase "screen time" and time spent with friends outside of school. It is recommended that your child should not have more than two (2) hours of "screen time" a day, even when healthy and back to normal. -Continue healthy sleep and nutrition habits. 	<ul style="list-style-type: none"> -Attend full days of school, including going to all classes. -Gradually complete all assignments and make-up work. 	<ul style="list-style-type: none"> -Once symptoms have been gone for 24 hours <u>and</u> your child has completed a symptom free full day of school, your child can begin to complete the "Guidelines for Return to Physical Activity". See chart on next page.
<p>Stage 5: Your child seems back to normal.</p>	<ul style="list-style-type: none"> -Return to normal home and social interactions and activities. 	<ul style="list-style-type: none"> -Return to normal school schedule and course load. 	<ul style="list-style-type: none"> -Continue to complete the "Guidelines for Return to Physical Activity".