

RETURN-to-LEARN (RTL) PROTOCOL

Return-to-Learn should be completed before Return-to-Play

Be patient and allow enough time for the brain to fully recover before returning to mental activities. Recovery can be delayed by rushing through these guidelines. It takes approximately one week to complete the Return-to-Learn Protocol.

INSTRUCTIONS: Provide this form to school personnel to help them understand the recovery process. If symptoms worsen at any stage, stop that stage activity & rest before resuming.

BRAIN REST STAGE	RESTFUL HOME ACTIVITY STAGE	RETURN TO SCHOOL PART-TIME	RETURN TO SCHOOL FULL-TIME	FULL RECOVERY
HOME ACTIVITY				
<p>Rest quietly, nap and sleep as much as needed.</p> <p>Avoid bright lights and noisy environments.</p> <p>Stay hydrated and eat healthy.</p> <p>Avoid "screen time" (text, computer, cell phone, TV, video games).</p>	<p>Resume a regular bedtime and wake-up schedule.</p> <p>Allow at least 8-10 hours of sleep daily with naps as needed.</p> <p>Stay hydrated and eat healthy.</p> <p>Limit screen time to less than 30 minutes per day.</p>	<p>8-10 hours of sleep per night.</p> <p>Avoid napping.</p> <p>Stay hydrated and eat healthy.</p> <p>Limit screen time to less than 60 minutes per day.</p> <p>Limit social time with friends outside of school.</p>	<p>8-10 hours of sleep per night.</p> <p>Avoid napping.</p> <p>Stay hydrated and eat healthy.</p> <p>Limit screen time to less than 60 minutes per day.</p> <p>Limit social time with friends outside of school.</p>	<p>Return to normal home and social activities.</p>
SCHOOL ACTIVITY				
<p>No school.</p> <p>No homework or take-home testing.</p> <p>Minimize reading and studying.</p>	<p>No school.</p> <p>Start light tasks at home (cooking, drawing, reading).</p> <p>Listening to soft music or books on tape is okay.</p> <p>Progress to the next stage if you can complete 60-90 minutes of light mental activity without an exacerbation of symptoms.</p>	<p>Return to school part-time.</p> <p>Stop work if symptoms increase; rest in the nurse's office as needed every 2 hours.</p> <p>Class notes printed in large font.</p> <p>Avoid loud areas or classes.</p> <p>Sit in the front of the class.</p> <p>No tests or quizzes. Limit homework.</p>	<p>Attend core classes for full days of school.</p> <p>Resume electives as tolerated.</p> <p>No more than one test or quiz per day.</p> <p>Provide extra time or untimed tests.</p> <p>Stop work if symptoms increase.</p>	<p>Return to normal school schedule and work load.</p>
PHYSICAL ACTIVITY				
<p>Walking short distances is allowed but no exercise of any kind.</p> <p>No driving.</p> <p>This stage may last 3-5 days after the injury. Progress to the next stage when symptoms have improved.</p> <p>Mild symptoms may still be present.</p>	<p>Light walking.</p> <p>No strenuous physical activity or contact sports.</p> <p>No driving.</p> <p>Progress to the next stage when symptoms are fewer and less severe.</p>	<p>Light walking.</p> <p>No strenuous physical activity or contact sports.</p> <p>No driving.</p> <p>Progress to the next stage when you can complete the above activities without significant symptoms.</p>	<p>Light walking.</p> <p>No strenuous physical activity or contact sports.</p> <p>No driving.</p> <p>Progress to the next stage when you are in school full-time and complete all assignments without symptoms.</p>	<p>Start the graduated Return-to-Play protocol.</p> <p>No physical activity in accordance to Stage 1 of the Return-to-Play protocol.</p> <p>No driving.</p>