

RETURN-to-WORK & PHYSICAL ACTIVITY PROTOCOL

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 7-14 days to complete the Return-to-Work and Physical Activity Protocol.

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

STAGE 1	STAGE 2	STAGE 3	STAGE 4a	STAGE 4b	STAGE 5
RESTRICTIONS					
<p>Minimize mental activities.</p> <p>No screen time (spending time on a smart phone or iPad, video games, computer, activities with loud noises or bright lights).</p> <p>Minimal reading only if necessary.</p> <p>Do not engage in any physical activity.</p> <p>Rest quietly, nap, and sleep as much as needed.</p> <p>Stay hydrated and eat healthy.</p>	<p>You may start to resume mental activities such as spending time on a phone, tablet, iPad or computer. Start with 5-15 mins. and build to up to 60 mins. without a break.</p> <p>Physical activity is limited to walking as tolerated.</p> <p>Rest quietly, nap, and sleep as much as needed.</p> <p>Stay hydrated and eat healthy.</p>	<p>You may return to work on a “part-time” basis with restrictions.</p> <p>No more than a 4 hour shift for the next two days.</p> <p>Avoid excessive screen time and any strenuous physical activity.</p> <p>No lifting over 10 lbs.</p> <p>Work week of 20 hours or less.</p> <p>Physical activity is limited to walking as tolerated.</p>	<p>Resume work full-time with restrictions.</p> <p>No lifting over 20 pounds.</p> <p>Take a 10 minute rest break every two hours.</p> <p>Avoid excessive screen time.</p> <p>Physical activity is limited to walking as tolerated.</p>	<p>Resume work full-time without restrictions or extra breaks.</p> <p>Regular screen time is permitted as long as tolerated.</p> <p>Physical activity is limited to walking as tolerated.</p>	<p>Progressively increase your physical activity and level of exertion. Start slowly with 50% effort and build to 75% effort, then 100% effort over at least a 3 day period.</p>
RECOVERY					
<p>Symptom-free for more than 24 hours?</p>	<p>Add mental activities.</p> <p>Tolerating mental activities for up to an hour without a break.</p>	<p>Gradual return to work.</p> <p>Tolerating mental activities for up to an hour without a break.</p>	<p>Resume full time work with rest breaks.</p> <p>Tolerating an 8 hour work day with restrictions.</p>	<p>Resume work at full duty without restriction.</p> <p>Tolerating an 8 hour day without restrictions or extra breaks.</p>	<p>Gradually resume physical activity.</p> <p>Tolerating physical activity. Go back to previous stage if necessary.</p>

**FULL
RECOVERY**