You have been diagnosed with a concussion (also known as a mild traumatic brain injury). This personal plan is based on your symptoms and is designed to help enhance your recovery. Your careful attention to it can also prevent further injury.

You should not participate in any high risk activities (e.g. sports, physical education (PE), riding a bike, etc.) if you still have any of the symptoms below. It is important to limit activities that require a lot of thinking or concentration (homework, job-related activities), as this can also make your symptoms worse. If you no longer have any symptoms and believe that your concentration and thinking are back to normal, you can slowly and carefully return to your daily activities. Children and teenagers will need help from their parents, teachers, coaches, or athletic trainers to help monitor their recovery and return to activities.

Today the following symptoms are present (check all that apply): □ No reported symptoms

<table>
<thead>
<tr>
<th>Physical</th>
<th>Thinking</th>
<th>Emotional</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches</td>
<td>Sensitivity to light</td>
<td>Feeling mentally foggy</td>
<td>Drowsiness</td>
</tr>
<tr>
<td>Nausea</td>
<td>Sensitivity to noise</td>
<td>Problems concentrating</td>
<td>Sleeping more than usual</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Numbness/Tingling</td>
<td>Problems remembering</td>
<td>Sleeping less than usual</td>
</tr>
<tr>
<td>Visual problems</td>
<td>Vomiting</td>
<td>Feeling more slowed down</td>
<td>Trouble falling asleep</td>
</tr>
<tr>
<td>Balance problems</td>
<td>Dizziness</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Returning to Daily Activities**

1. Get lots of rest. Be sure to get enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.
   - Physical activity includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
   - Thinking and concentration activities (e.g. homework, classwork load, job-related activity).
4. Drink lots of fluids and eat carbohydrates or protein to maintain appropriate blood sugar levels.
5. As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, then try again to increase your activities gradually.
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can’t be as active as usual.
7. Repeated evaluation of your symptoms is recommended to help guide recovery.

**Returning to School**

1. If you (or your child) are still having symptoms of concussion, you may need extra help to perform school-related activities. As your (or your child’s) symptoms decrease during recovery, the extra help or supports can be removed gradually.
2. Inform the teacher(s), school nurse, school psychologist or counselor, and administrator(s) about your (or your child’s) injury and symptoms. School personnel should be instructed to watch for:
   - Increased problems paying attention or concentrating
   - Increased problems remembering or learning new information
   - Longer time needed to complete tasks or assignments
   - Greater irritability, less able to cope with stress
   - Symptoms worsen (e.g. headache, tiredness) when doing school work
Returning to School (Continued)

Until you (or your child) have fully recovered, the following supports are recommended: (check all that apply)

☐ No return to school. Return on (date – m/d/y) ______ /______ /______
☐ Return to school with following supports. Review on (date – m/d/y) ______ /______ /______
☐ Shortened day. Recommend _____ hours per day until (date – m/d/y) ______ /______ /______
☐ Shortened classes (i.e. rest breaks during classes). Maximum class length _______ minutes.
☐ Allow extra time to complete coursework/assignments and tests.
☐ Lessen homework load by ________ %. Maximum length of nightly homework ________ minutes.
☐ No significant classroom or standardized testing at this time.
☐ Check for the return of symptoms (use symptom table on front page of this form) when doing activities that require a lot of attention or concentration.
☐ Take rest breaks during the day as needed.
☐ Request meeting of 504 or School Management Team to discuss this plan and needed supports.

Returning to Sport

1. You should NEVER return to play if you still have ANY symptoms – (Be sure that you do not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration.)
2. With the absence of physical symptoms, neuropsychological testing in concussion has been shown to be of clinical value and can provide valuable information to assist the health care provider with treatment planning, such as return-to-activity decisions.
3. Be sure that the PE teacher, coach, and/or athletic trainer are aware of your injury and symptoms.
4. It is normal to feel frustrated, sad and even angry because you cannot return to sports right away. With any injury, a full recovery will reduce the chances of getting hurt again. It is better to miss one or two games than the whole season.

The following are recommended at the present time:

☐ Do not return to PE class at this time.
☐ Return to PE class.
☐ Do not return to sports practices/games at this time.
☐ Gradual return to sports practices under the supervision of an appropriate health care provider.
  • Return to play should occur in gradual steps beginning with aerobic exercise only to increase your heart rate (e.g. stationary cycling); moving to increasing your heart rate with movement (e.g. running); then adding controlled contact if appropriate; and finally return to sports competition.

Gradual Return to Play Plan

1. No physical activity.
2. Low levels of physical activity. This includes walking, light jogging, light stationary biking, light weightlifting (lower weight, higher reps, no bench, no squat).
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).
4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
5. Full contact in controlled practice.
6. Full contact in game play.

*Generally, each step should take 24 hours so that a patient would take approximately 1 week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any concussion symptoms occur while in the stepwise program, then the patient should drop back to the previous asymptomatic level and try to progress again after a 24-hour period of rest has passed.

This referral plan is based on today’s evaluation:

☐ Return to this office. Date (m/d/y) ______ /______ /______ Time __________
☐ Refer to: ☐ Neurosurgery ☐ Neurology ☐ Sports Medicine ☐ Physiatrist ☐ Psychiatrist ☐ Other
☐ Refer for neuropsychological testing
☐ Other __________________________________________________________________________

Signature/Title ___________________________________________ Date (m/d/y) ______ /______ /______ Time __________