

Return to Learn Protocol

Stepwise approach to Return to Learn following a concussion or mild traumatic brain injury.

Stage	Aim	Activity	Goal of each Step
1&2	Symptom-limited cognitive activity	Daily activities that do not provoke symptoms	Limit reading “screen-time” (texting, video game play, and computer work) or any cognitive activity that requires focus or concentration.
3	Trial 10-30 minutes of light cognitive activity.	CMT will administer 10-30 minutes of Math facts and/or reading a passage and answering questions.	Light cognitive activity to determine if symptoms arise from activity.
4	Return to partial day of school.	No more than 30-45 minutes of class, cognitive activity, followed by 15 minutes of rest. 2-3 classes a day with rest breaks. No tests or homework is required.	Light intermittent cognitive activity throughout the day if symptoms do not occur.
5	Full day of class with maximum support.	Student attends most classes with 2-3 rest breaks throughout the day for 20-30 minutes. No test or quizzes. 60 minutes or less of homework.	Moderate intermittent cognitive activity throughout the day if symptoms do not occur.
6	Full day with moderate support.	Student attends all classes with 1-2 rest breaks throughout the day for 20-30 minutes. May begin taking quizzes. 60-90 minutes of homework a day.	Moderate intermittent cognitive activity throughout the day if symptoms do not occur. May begin to schedule make-up work.
7	Full day with minimal support	Student attends all classes with 0-1 rest break throughout the day for 20-30 minutes. Begin modified tests with breaks and extra time. Normal homework expectation.	Maximum cognitive activity if symptoms do not occur.
8	Full day with no support needed.	Student has been cleared from the CMT for normal class attendance and production.	Full course load and completion of any make-up work.