



# Graduated Return to School Protocol

**RECOVERY STAGE 1**

***Complete Physical and Cognitive Rest until Medical Clearance***

- No School Attendance
- Strict Limits on Technology Usage
- REST

**RECOVERY STAGE 2**

***Return to School with Academic Accommodations***

- Attend partial day of school
- Continue Limits on Technology Usage
- Avoid Heavy Backpacks
- No Tests, PE, Band/Strings, or Chorus
- Monitor Symptoms
- REST at home

**RECOVERY STAGE 3**

***Continue Academic Accommodations***

- Attend school full time, if possible
- Increase work load gradually (testing, homework, etc.)
- Monitor symptoms
- Incorporate light aerobic activity
- REST at home

**RECOVERY STAGE 4**

***Full Recovery to Academics***

- Attend school full time
- Self-advocate at school (meet due dates, etc.)
- Resume normal activities
- Resume sports following Graduated Return to Play

*Symptom free for 24 hours?\**

**Yes:**  
*Begin Stage 2*

**No:**  
*Continue Resting*

Date Attained:

*Symptom free for 24 hours?\**

**Yes:**  
*Begin Stage 3*

**No:**  
*Return to Stage 1 Or Integration of Stage 2*

Date Attained:

*Symptom free for 24 hours?\**

**Yes:**  
*Begin Stage 4*

**No:**  
*Return to Stage 2 until Symptom Free*

Date Attained:

*Symptom free for 24 hours?\**

**Yes:**  
*Return to School*

**No:**  
*Return to Stage 3 until Symptom Free*

Date Attained:

**\*\*Symptom-Free means NO lingering Headaches, Sensitivity to Light/Noise, Fogginess, Drowsiness, etc.**

Reference: HeadSmart Handbook: A Healthy Transition After Concussion (2010) [www.SouthShoreHospital.org](http://www.SouthShoreHospital.org)