

Parachute's Protocol for RETURN TO LEARN After a Concussion

1. Move forward to the next stage only when Symptom-free for 24 hours
2. If symptoms re-appear, regress to previous stages and only participate in activities that you can tolerate
3. Contact your physician or seek medical help immediately if symptoms worsen

AT HOME

Stage 1

Cognitive & physical rest for first 24-48 hours



OK if tolerated

- ✓ Short board games
- ✓ Short phone conversations
- ✓ Photography
- ✓ Crafts

Not OK

- ✗ No TV
- ✗ No computer/cellphone use
- ✗ No reading
- ✗ No school
- ✗ No physical exertion/stair climbing
- ✗ No organized sports

READY FOR NEXT STAGE?

Symptom-free at least 24 hrs. between each stage

Stage 2a

Light cognitive activity



OK if tolerated

- ✓ Easy reading
- ✓ Limited TV
- ✓ Drawing/LEGO/board games
- ✓ Some peer contact

Not OK

- ✗ Avoid computer use
- ✗ No school attendance
- ✗ No physical exertion/sports
- ✗ No work
- ✗ No stair climbing

READY FOR NEXT STAGE?

Tolerate 30 min cognitive/school type activity at home

Stage 2b

Light physical activity



OK if tolerated

- ✓ School-type work in 30 minute increments
- ✓ Light physical activity
- ✓ Some peer contact

Not OK

- ✗ No school attendance
- ✗ No physical exertion/sports
- ✗ No work
- ✗ No stair climbing

READY FOR NEXT STAGE?

Tolerate up to 1 hour of cognitive activity in 2-3 chunks

AT SCHOOL

Stage 3

Part time school
Light load



OK if tolerated

- ✓ Up to 120 mins of cognitive activity in intervals
- ✓ 0.5 days of school/1-2 times a week
- ✓ Some light physical activity

Not OK

- ✗ Avoid music/gym class
- ✗ No tests/exams
- ✗ No homework
- ✗ No heavy physical loads (e.g. backpack)

READY FOR NEXT STAGE?

Tolerate school work up to 1-3 hours a day for 0.5-1 day/week

Stage 4

Part time school
Moderate load



OK if tolerated

- ✓ Limited testing
- ✓ School work in 4-5 hours/day chunks
- ✓ Homework - up to 30 minutes/day
- ✓ 3-5 days of school/week
- ✓ Decrease learning accommodation

Not OK

- ✗ No gym/physical exertion
- ✗ No standardized tests/exams
- ✗ No organized sports

READY FOR NEXT STAGE?

Tolerate 4-5 hours/day in chunks for 2-4 days/week

Stage 5

Nearly normal workload



OK if tolerated

- ✓ Nearly normal cognitive activities
- ✓ Routine school work as tolerated
- ✓ Homework - up to 60 minutes/day
- ✓ Minimal learning accommodation

Not OK

- ✗ No gym/physical exertion
- ✗ No standardized tests/exams
- ✗ No organized sports

READY FOR NEXT STAGE?

Tolerate full-time academic load without worsening symptoms

Stage 6

Full time



OK if tolerated

- ✓ Normal cognitive activities
- ✓ Routine school work
- ✓ Full curriculum load
- ✓ No learning accommodation
- ✓ Begin *Return to Play* protocol

Not OK

- ✗ No full participation in sports until medically cleared after Return to Play protocol

READY FOR NEXT STAGE?

Follow *Return to Sport* protocol