

Return to School Recommendations

Injured Student _____ Date _____

In the early stages of recovery after a concussion, increased cognitive demands, such as academic coursework, as well as physical demands may worsen symptoms and prolong recovery. Appropriate provisions for adjustment of academic coursework on a case-by-case basis should be made. The following provides a framework of possible recommendations that may be made by the managing health care professional:

Inform teacher(s) and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:

- Increased problems with paying attention, concentrating, 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 schoolwork

Until fully recovered, the following supports are recommended: *(check all that apply)*

May return immediately to school full time.

May Not to return to school. May return on (date) _____

Return to school with supports as checked below. Review on (date) _____

Shortened day. Recommend ___ hours per day until (date) _____

Shortened classes (i.e., rest breaks during classes). Maximum class length: _____ minutes.

Allow extra time to complete coursework/assignments and tests.

Reduce homework load by _____%.

Maximum length of nightly homework: _____ minutes.

No significant classroom or standardized testing at this time.

No more than one test per day.

Take rest breaks during the day as needed.

Other:List: _____

Managing Health Care Professional

Please write legibly

Name _____ Office Phone _____

E-mail _____ Alt. Phone _____

Health Care Professional Signature _____ Date _____