

# RETURN TO ACADEMICS PROTOCOL

## After Concussion/mild TBI

STEPS	PROGRESSION	DESCRIPTION
<b>1</b>	<b>HOME—Total Rest</b>	No mental exertion—Computer, Texting, Video games, or Homework. Stay at home. No driving.
<b>2</b>	<b>HOME—Light Mental Activity</b>	Up to 30 minutes mental exertion. No prolonged concentration. Stay at home. No driving.
<i>Progress to next level when able to handle up to 30 minutes mental exertion without worsening of symptoms</i>		
<b>3</b>	<b>SCHOOL—Part Time</b> <ul style="list-style-type: none"> <li>• <b>Maximum Accommodations</b></li> <li>• <b>Shortened Day/Schedule</b></li> <li>• <b>Built-in Breaks</b></li> </ul>	Provide quiet place for scheduled mental rest. No significant classroom or standardized testing. Modify rather than postpone academics. Provide extra time, extra help, modified assignments.
<i>Progress to next level when able to handle 30-40 minutes mental exertion without worsening of symptoms</i>		
<b>4</b>	<b>SCHOOL—Part Time</b> <ul style="list-style-type: none"> <li>• <b>Moderate Accommodations</b></li> </ul>	No standardized testing. Modified classroom testing. Moderate decrease of extra time, help, and modification of assignments.
<i>Progress to next level when able to handle 60 minutes mental exertion without worsening of symptoms</i>		
<b>5</b>	<b>SCHOOL—Full Time</b> <ul style="list-style-type: none"> <li>• <b>Minimal Accommodations</b></li> </ul>	No standardized Testing. Routine tests OK. Continued decrease of extra time, help, and modification of assignments. May require more supports in academically challenging subjects.
<i>Progress to next level when able to handle all class periods in succession without worsening of symptoms AND clearance for full return to athletics and academics</i>		
<b>6</b>	<b>SCHOOL—Full Time</b> <ul style="list-style-type: none"> <li>• <b>Full Academics</b></li> <li>• <b>No accommodations</b></li> </ul>	Attends all classes. Full homework.

*When symptoms continue beyond 3-4 weeks, Prolonged In-School Supports required. Request 504 meeting to plan and coordinate. If you have questions please contact Oregon's TBI Coordinator at 877-872-7246.*

### REMEMBER

Progression is individual, all concussions are different.  
Student may start at any step as symptoms dictate and remain at that step as long as needed.  
Return to previous step if symptoms worsen.