

Return to Learning After a Concussion

After being diagnosed with a concussion, children should have 24 to 48 hours of physical and cognitive rest before starting the steps below.

Each step should take 24 or more hours to complete. If any symptoms worsen, return to the previous step.

Gradual return-to-learning steps

Stage	Aim	Activity	Goal
1	Daily activities at home that do not give your child symptoms	Typical activities such as reading, texting and screen time, starting with 5 to 15 minutes and building up, as long as they do not increase symptoms	Gradual return to daily activities
2	School activities	Homework, reading or other cognitive activities outside the classroom	Increase tolerance to cognitive work
3	Return to school part time	Gradual introduction of schoolwork, starting with a partial school day or increased breaks during the day, no testing	Increase academic activities
4	Return to school full time	Gradually progress school activities until a full day can be tolerated, resume testing with accommodations if needed	Return to full academic activities and catch up on missed work

If the patient's concussion symptoms persist after 10 to 14 days and you would like a consultation with a Stanford Children's Health concussion expert, please have your pediatrician send a referral via fax to (650) 721-2884.

Adopted from consensus statement on concussion in sport from the 5th International Conference on Concussion in Sport held in Berlin in October 2016. McCrory P., et al., BJSM, 2017.

Return to Sport After a Concussion

After being diagnosed with a concussion, children should have 24 to 48 hours of physical and cognitive rest before starting the steps below.

Each step should take 24 or more hours to complete. If any symptoms worsen, return to the previous step.

Gradual return-to-sport steps

Stage	Aim	Activity	Goal
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace, no resistance training	Increase heart rate
3	Sport-specific exercise	Running or skating drills, no head impact activities	Add movement
4	Non-contact training drills	Harder training drills (e.g. passing drills), progressive resistance training	Exercise, coordination and increased thinking
5	Full-contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

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