

Road to Recovery!

The road to recovery can take days or weeks to complete. Mental and physical rest immediately following the injury will maximize recovery.

Injury and Symptoms



CHECKPOINT
Diagnosis by Doctor

Mental Rest

CHECKPOINT
Feeling Better



This means no school, no homework, no computer, no texting, etc.

Light Mental Activity

CHECKPOINT
Able to Lengthen Activity Time



Limit to 5-15 minutes of work at a time. Stop the activity when moderate symptoms develop. Allow 30 minute breaks to resolve symptoms.

Increase School-related Activity

CHECKPOINT
Feeling Much Better!

If 1-2 hours of homework at home can be performed for one to two days, return to school. If symptoms return, take a break in a quiet supervised area until symptoms stop. Go home if symptoms don't resolve.

Return to School for 1/2 Day

Increasing Time at School

Congratulations!



CHECKPOINT
Full Day at School with No Symptoms

★ If no symptoms appear with light aerobic activity, gradually return to sport-specific, no contact exercise. The doctor will let you know when full contact play is safe.