

Steps		Symptom Free for Next 24 Hours?	Date Attained	Parent/ Patient Initials
1	<p>Complete Physical and Cognitive Rest until Medical Clearance No school attendance, strict limits on technology usage, get plenty of rest.</p>	<p>YES: Begin Stage 2 NO: Continue Resting</p>		
2	<p>Return to School for Half-Day with Academic Accommodations Continue limits on technology usage, no tests or homework, band or chorus, monitor symptoms. Classes should not exceed 30 min. with a 15 min. rest period after each 30 min. block.</p>	<p>YES: Begin Stage 3 NO: Rest further until symptom free</p>		
3	<p>Continue Academic Accommodations Attend school full-time, increase work load gradually, homework should last no more than 60-90 min. per day, monitor symptoms, incorporate light aerobic activity. Classes should not exceed 45 min. with two 15 min. breaks per day.</p>	<p>YES: Move to Stage 4 NO: Return to Stage 2 until symptom free</p>		
4	<p>Full Recovery to Academics Attend school full-time, self-advocate at school (meet due dates, etc.), resume normal activities, resume sports following graduated return to play.</p>	<p>YES: Return to School NO: Return to Stage 3 until symptom free</p>		