




Both Return-to-Daily Activity and Return-to-Sport / Physical Activity Strategies can be done in parallel. However, the Return-to-Activity Strategy should be completed before starting Step 4 of the Return-to-Sport / Physical Activity Strategy.

This tool is a guideline for managing a person's return to daily activity following a concussion and does not replace medical advice. Every concussion is unique, and recovery is different for each person. Timelines and activities may vary based on direction from a doctor, nurse practitioner, or licenced health care professional with relevant training.

FOR MORE INFORMATION ABOUT THE RECOMMENDED STEPS FOR RESUMING ACTIVITIES AFTER A CONCUSSION, PLEASE CONSULT THE REVERSE SIDE OF THIS DOCUMENT. 

RETURN-TO-DAILY ACTIVITY

	STEP A	STEP B	STEP C	STEP D
NAME & GOAL OF EACH STEP	Activities of daily living and relative rest Gradual reintroduction of typical activities as tolerated	Household activities as tolerated Increase tolerance to household activities and connect socially with peers	Increase in daily activity with accommodations (as needed) Gradually reduce accommodations and increase daily activities	Return to daily activity Return to full daily activities without restrictions
ACCEPTABLE ACTIVITIES	Activities at home that do not result in more than mild* and brief** worsening of symptoms such as: <ul style="list-style-type: none"> • Social interactions • Light walking • Preparing meals • Housework • Simple board and/or card games Sleep as much as your body needs while trying to maintain a regular night sleeping schedule.	<ul style="list-style-type: none"> • Reading or other light cognitive activities at home. • Take breaks and adapt activities if they result in more than mild* and brief** worsening of symptoms. • Screen time may be gradually resumed, as tolerated. • May engage in light effort aerobic activity. Consult the Return-to-Sport/Physical Activity Strategy for more information about the recommended steps towards a return to usual physical exertion.	<ul style="list-style-type: none"> • Gradually reintroduce daily activities as tolerated. • Consider starting the day with less demanding activities before tackling more difficult ones. • Individuals may require accommodations such as: <ul style="list-style-type: none"> ◦ Wearing sunglasses ◦ Reducing the brightness on screens ◦ Using noise-cancelling earplugs/headphones Accommodations can be phased out in "trial" periods, to ensure that they are no longer needed.	<ul style="list-style-type: none"> • Resuming full involvement in usual daily activity without any restrictions. Able to tolerate a full return to daily activities without accommodations?
ACTIVITIES TO BE AVOIDED	<ul style="list-style-type: none"> • Minimize screen time. • No alcohol, tobacco, caffeine, and no other stimulant use Avoid driving during the first 24-48 hours after a concussion.	<ul style="list-style-type: none"> • No intense physical exertion or sports. • Limit alcohol, tobacco, caffeine, and no other stimulant use. 	<ul style="list-style-type: none"> • Avoid possible overexertion. 	
TIMELINE	After a maximum of 24 – 48 hours after the injury, BEGIN STEP B	Able to tolerate household activities with accommodations? No: Reattempt Step B Yes: Begin Step C	Able to tolerate full days without concussion-related accommodations? No: Reattempt Step C Yes: Begin Step D	Able to tolerate a full workload without accommodations for at least 24 hours? No: Reattempt Step D Yes: The Return-to-Daily Activity Strategy is completed

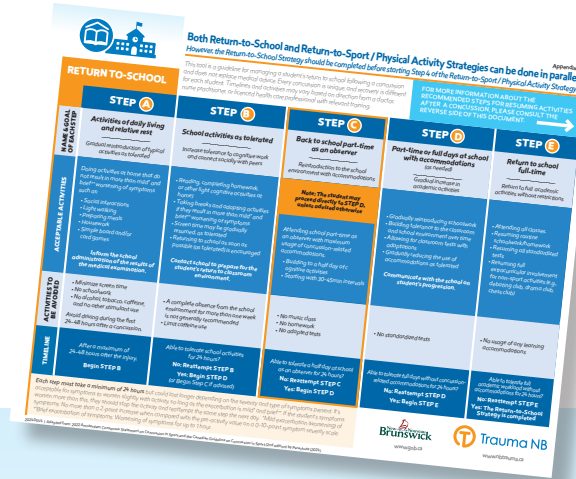
Each step must take a minimum of 24 hours but could last longer depending on the severity and type of symptoms present. It's acceptable for symptoms to worsen slightly with activity, so long as the exacerbation is mild* and brief**. If the person's symptoms worsen more than this, they should stop the activity and reattempt the same step the next day. *Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale. **Brief exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

CONCUSSION MANAGEMENT

All individuals diagnosed with a concussion should follow a Return-to-Daily Activity Strategy and a Return-to-Sport/Physical Activity Strategy to help guide their return to usual daily activity, especially if they engage in activities such as full-contact sport practices and/or competitive gameplay. It's important to note that both strategies begin at the same time, can be done in parallel and the first step of both is the same.

Medical clearance will be required before returning to any activities that pose risk of physical contact, collision or fall. For more information about each of the recommended steps for a gradual return to usual physical exertion, consult the Return-to-Sport/Physical Activity Strategy.

This strategy along with other available concussion-related resources can be found online at www.nbtrauma.ca



INDIVIDUALIZED ACCOMMODATIONS

People do not need to be symptom-free to gradually return to the daily activities that they love. Therefore, knowing the signs and symptoms and how to properly manage a diagnosed concussion is critical in a person's recovery. It may be important to use concussion-related accommodations to facilitate the progression through certain steps of the Return-to-Daily Activity Strategy. We encourage you to consult your primary care provider or a licenced healthcare professional to help identify what accommodations would best support your recovery according to your tailored Return-to-Daily Activity plan.

POST-CONCUSSION SYMPTOMS	IMPACT ON LEARNING	POTENTIAL STRATEGIES AND/OR APPROACHES
Headache and fatigue	Difficulty concentrating, paying attention or multitasking	<ul style="list-style-type: none"> Ensure to drink fluids as needed to help avoid possible dehydration. Making sure to take frequent breaks and/or rest in a quiet area. Ask your primary care provider if it's safe to take a pain reliever.
Difficulty remembering or processing speed	Difficulty remembering new information, instructions and learned information	<ul style="list-style-type: none"> Consider the use of a daily organizer. Divide housework into smaller tasks. Take extra time to complete more difficult tasks.
Difficulty paying attention and/or concentrating	Limited ability to focus on more difficult tasks	<ul style="list-style-type: none"> Keep distractions to a minimum. Reduce and/or prioritize housework and other daily activities. Consult instructions and check frequently to ensure comprehension.
Light and/or noise sensitivity	Difficulty working in a certain environments	<ul style="list-style-type: none"> Reduce the brightness and exposure to telephone, computers, and television screens. Make sure to wear sunglasses or use earplugs as needed. Move to a more appropriate area (i.e., away from bright lights or noisy environments).

PARALLEL STEPS FOR RESUMING ACTIVITIES AFTER A CONCUSSION



RETURN TO DAILY ACTIVITY STRATEGY



RETURN TO SPORT/ PHYSICAL ACTIVITY STRATEGY

A Activities of daily living and relative rest

1 Activities of daily living and relative rest

B Household activities as tolerated

2 Light to moderate effort aerobic activity

C Increase in daily activity with accommodations (as needed)

D Return to daily activity

3 Individual sport-specific activities

MEDICAL CLEARANCE

IMPORTANT:

If the person experiences concussion symptoms after medical clearance (i.e., during STEPS 4 to 6), they should return to STEP 3 to establish full resolution of symptoms.

Medical clearance will be required again before progressing to STEP 4.

4 Non-contact training drills and activities

5 Return to all non-competitive activities

6 Return to game play and/or competition