

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### ACE Post-Concussion Gradual Return to School

Stage	Description	Activity Level	Criteria to Move to Next Stage	Date Criteria Met
0	No return, at home	<p>Day 1 - Maintain low level cognitive and physical activity. No prolonged concentration.</p> <p>Cognitive Readiness Challenge: As symptoms improve, try reading or math challenge task for 10-30 minutes; assess for symptom increase.</p>	<p>To Move To Stage 1:</p> <p>(1) Student can sustain concentration for 30 minutes before significant symptom exacerbation,  <b>AND</b>            (2) Symptoms reduce or disappear with cognitive rest breaks* allowing return to activity.</p>	
1	Return to School, Partial Day (1-3 hours)	<p>Attend 1-3 classes, intersperse rest breaks. No tests or homework.</p> <p>Minimal expectations for productivity.</p>	<p>To Move To Stage 2:</p> <p>Symptom status improving, tolerates 4-5 hours of activity-rest cycles; 2-3 cognitive rest breaks built into school day.</p>	
2	Full Day, Maximal Supports (required throughout day)	<p>Attend most classes, with 2-3 rest breaks (20-30'), no tests.</p> <p>Minimal HW (<math>\leq 60'</math>).</p> <p>Minimal-moderate expectations for productivity.</p>	<p>To Move To Stage 3:</p> <p>Symptom number &amp; severity improving, needs 1-2 cognitive rest breaks built into school day.</p>	
3	Return to Full Day, Moderate Supports (provided in response to symptoms during day)	<p>Attend all classes with 1-2 rest breaks (20-30'); begin quizzes.</p> <p>Moderate HW (60-90')</p> <p>Moderate expectations for productivity. Design schedule for make-up work.</p>	<p>To Move To Stage 4:</p> <p>Continued symptom improvement, needs no more than 1 cognitive rest break per day</p>	
4	Return to Full Day, Minimal Supports (Monitor final recovery)	<p>Attend all classes with 0-1 rest breaks (20-30'); begin modified tests (breaks, extra time). HW (90+')</p> <p>Moderate- maximum expectations for productivity.</p>	<p>To Move To Stage 5:</p> <p>No active symptoms, no exertional effects across the full school day.</p>	
5	Full Return, No Supports Needed	<p>Full class schedule, no rest breaks.</p> <p>Max. expectations for productivity.</p> <p>Begin to address make-up work.</p>	N/A	

\*Cognitive rest break: a period during which the student refrains from academic or other cognitively demanding activities, including schoolwork, reading, TV/games, conversation. May involve a short nap or relaxation with eyes closed in a quiet setting.

