



LONGWOOD SPORTS MEDICINE



Return to Learn Concussion Academic Plan Protocol

This patient has been diagnosed with a concussion and is currently under a physician's care. Please excuse the patient from school today due to medical appointment. Please note that accommodations and support by teachers, guidance, and health office are needed during recovery. The following academic adjustments are individualized for this particular student and deemed medically necessary in the school setting.

Patient's Name _____ DOB: _____ DOI: _____

Phase 1 – Out Of School – No Home Instruction

Full Cognitive Rest/Sleep/Hydration

Until Re-Evaluated on: _____ Start Date: _____ End Date: _____

- No Home Instruction
- No Homework
- No Computer
- No Electronic Devices/Texting (Includes use of all cell phones, smart phones & tablets)
- No Television/Video Games
- Limit Exposure To Bright Light

Phase 2 – Out of School Home Instruction

Until Re-Evaluated on: _____ Start Date: _____ End Date: _____

Number of Minutes: 60 ___ 90 ___ 120 ___ Other ___ Per Week ___ Per Day ___

- Limit Homework: Number of minutes 0 ___ 30 ___ 60 ___ 90 ___ 120 ___ Other ___ Per Day
- No Homework
- Limit Reading Independent of Content Area
- Limit Abstract Concepts
- Limit Higher Level Concepts
- Extend assignment deadlines
- Limit Tests/Quizzes _____
- Extended Testing time _____
- Break projects into manageable portions
- No Electronic Devices/Texting (Includes the use of all cell phones, smart phones)
- Other _____
- No Computer
- Limit Computer _____
- No Tests/Quizzes
- No Television/Video Games
- Limit Exposure To Bright Light
- Allow Auditory Learning/Processing

Phase 3 - Partial Home Instruction/Partial Return to School with Limitations

Until Re-Evaluated on: _____ Start Date: _____ End Date: _____

Student May Attend Periods 1 ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8 ___ 9 ___

- Limit Homework: Number of minutes 0 ___ 30 ___ 60 ___ 90 ___ 120 ___ Other ___ Per Day
- Limit Tests/Quizzes _____
- Extended Test Time _____
- Extend assignment deadlines
- Break projects into manageable portions
- Limit Computer _____
- Student May Go To Nurse If They Become Symptomatic
- No Electronic Devices/Texting (Includes the use of all cell phones, smart phones & tablets)
- Other _____
- May leave class 5 minutes early
- No Band/Chorus/Orchestra
- No Physical Education
- No Television/Video Games
- Alternative Transportation, No Bus, No Field Trip

Phase 4 - Return to Full School Day with Limitations

Until Re-Evaluated on: _____ Start Date: _____ End Date: _____

- Limit homework: Number of minutes 0 ___ 30 ___ 60 ___ 90 ___ 120 ___ Other ___ Per Day
- Limit Test/Quizzes
- Extended Test Time
- No Video Games
- Limit Television

- Limit Computer o May leave class 5 minutes early
- Limit time in Band/Chorus/Orchestra o No Physical Education
- Student May Go To Nurse If They Become Symptomatic
- Limit the use of Electronic Devices/Texting
- Other _____

Phase 5 - Return to Full School Day: No Academic Restrictions/ No Physical Education- Book work only Begin Return To Play

MD SIGNATURE

STAMP

DATE