



Concussion Information for Parents

Every concussion is different, and every student's recovery will look a little different. Below is **Penn Charter's plan** for helping your child safely return to **learning** and **playing** after a concussion. These steps are based on expert recommendations from **CHOP (Children's Hospital of Philadelphia)**.

Common Symptoms

After a concussion, your child might have:

- Headache or pressure in the head
- Dizziness or balance problems
- Trouble concentrating or remembering
- Sensitivity to light or noise
- Feeling tired, irritable, or emotional

Symptoms can come and go — that's normal.

Returning to Learn

Some rest (usually 1–2 days) is helpful right after the injury.

- After that, returning to school — **even with mild symptoms** — usually helps recovery and supports mental health.
- Our team (nurse, learning specialist, advisor, and teachers) will adjust your child's workload to match their recovery.

We can take into consideration the following:

- Excuse non-essential work
- Provide extra time for assignments and assessments
- Offer support with notes, audiobooks, or talk-to-text options

As symptoms improve, we'll slowly increase your child's schoolwork.

The 2-Point Rule

We use the **2-Point Rule** to guide recovery and prevent setbacks.

- Your child rates symptoms on a **0–10 scale** (0 = no symptoms, 10 = worst possible).
- If any activity causes symptoms to increase by **2 or more points**, they should **stop and rest**.
- Once symptoms return to baseline, they can continue.
- Recovery from an activity should take **no longer than 20–30 minutes (1 hour max)**.
- If it takes hours to feel better, that activity was too much.

This rule applies to **any activity** — schoolwork, reading, screen time, exercise, etc.
Pushing through symptoms can slow recovery.

Physical Activity & Sports

By **Pennsylvania state law**, students must be **evaluated and cleared** by a medical professional before returning to sports.

- Rest from physical activity for the first **2–3 days** after diagnosis.
- No activities with risk of **fall, collision, or head impact** during recovery.

Once students are back in school, they will **check in with the athletic trainers at the end of each day**.

At that time, they will take an **easy 10-minute ride on a stationary bike**.
Light cardiovascular exercise helps recovery by **increasing blood flow to the brain**.

Students will **not begin the formal Return-to-Play protocol** until:

- They are **caught up on schoolwork**, and
- They are **completely symptom-free for 24 hours**.

Return-to-Play Steps

When ready, your child will complete a **5-step progression** with the Penn Charter trainers:

1. **Day 1:** 15 minutes of light biking
2. **Day 2:** 20 minutes of moderate or interval biking
3. **Day 3:** Lifting or 30 minutes of aerobic activity (running, biking, etc.)
4. **Day 4:** Non-contact practice (no scrimmages, headers, or contact drills)
5. **Day 5:** Full-contact practice — if symptom-free, your child may play in a game the next day

The **2-point rule** is used during each step — if symptoms increase, they take a break. They sometimes will need to repeat one of these steps.

More Information

For more details and resources, visit:

[CHOP Minds Matter: Concussion Care](#)