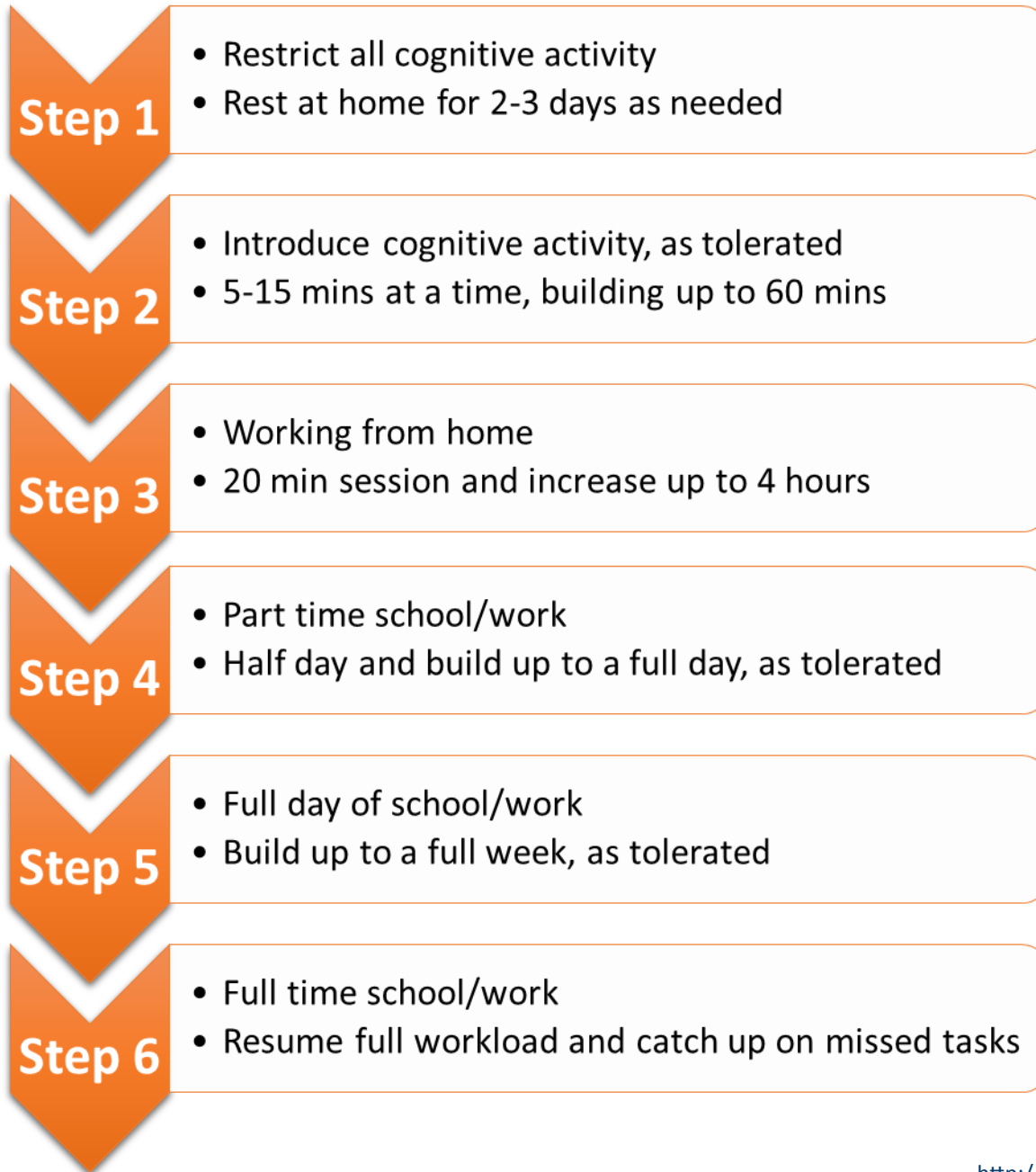


Return to Learn/Work Guidelines

Concussion Management



**For more information
please visit:**

www.braincarecentre.com

www.catonline.com

<http://www.parachutecanada.org>

All physical activity is restricted to walking as tolerated.

Upon completion of the return to learn/work you may be following **return to play guidelines**

Examples of cognitive activity are work, school assignments/tests, reading, texting, video games, computer, television, high level conversations.

It is recommended that employers and educators accommodate the needs of the injured individual.

Accommodations may include moving deadlines, removing some of the workload immediately, as well as allowing for a few days off to rest.