

# Sports Injury & Concussion

## Care Timeline



### CONCUSSION

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If your child is showing signs of a concussion, it is best to remove them from play immediately. Your child should be evaluated by a healthcare professional and should not be permitted to return to play until guidance is provided by a healthcare professional.



### RECOVERY

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Rest and activity modification are important after a concussion. Rest within in the first 24-48 hours of injury aides in recovery. Once symptoms start to improve, it is ok for your child to gradually return to daily activities. It is best to see a healthcare professional to help guide your child in their return to school and sports.



### RETURN TO LEARN

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Returning to school is done gradually to help accommodate for symptoms. It is normal to have symptoms while at school. Your child's healthcare provider can help develop the best plan for their return to school and provide accommodations when appropriate.



### RETURN TO PLAY

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At the direction of your child's healthcare provider, they will be permitted to gradually return to sports as concussion symptoms improve. Symptom-limited physical activity early in the recovery process can contribute to a faster recovery. Your child's healthcare provider will discuss appropriate activity for their recovery stage.

Return-to-Learn and Return-to-Play occur simultaneously when recovering from a concussion. Recovering from a concussion involves a delicate balance between academic activity and physical activity.