

RETURN TO WORK Guidelines Following a Sport-Related Concussion

This document serves as a guideline for the gradual return to work after experiencing a sport-related concussion. Please note that it is essential to follow your workplace's specific return to work guidelines. Connectivity does not provide individual medical advice, and the timelines and directions outlined here may vary based on guidance from medical professionals.

1. INITIAL PERIOD OF RELATIVE PHYSICAL AND COGNITIVE REST

- During the first 48 hours after the injury, engage in relative (not strict) rest.
- Light activities like walking or stationary bike riding are acceptable during this time.
- Begin with short sessions of normal cognitive activities, example reading (5 - 15 mins).
- Limit screen time for the initial 48 hours.

2. INCREASE LIGHT ACTIVITY

- Gradually increase engagement in activities of daily living.
- Keep the duration of each activity brief (under 30 minutes).
- Start planning your return to work, including creating a return to work plan.

3. PART-TIME RETURN TO WORK (AT HOME)

- Increase mental activity gradually.
- Continue returning to activities daily living, such as shopping and light physical activity.
- Contact your workplace discuss return to work plan, include necessary accommodations.

4. GRADUALLY INCREASE PHYSICAL AND MENTAL ACTIVITY

- To minimize disruptions in the workplace and social life during your return to work, encourage early resumption of activities of daily living.
- If you experience new or worsening symptoms at any stage, revert to the previous stage for at least 24 hours. This may need to be repeated during your recovery.
- Remember that each person's recovery is unique, so take the time you need at each stage.
- It's crucial to prioritize mental health care if necessary, as recovering from a concussion injury can impact mental well-being.

5. FULL RETURN TO WORK

- Resume full days at work minimal accommodations to workload and work environment.
- Phase out any remaining accommodations as you progress.

Persistent Post-Concussion Symptoms (PPCS)

If you find that concussion symptoms persist for a longer duration than expected, you may be experiencing Persistent Post-Concussion Symptoms (PPCS). In such cases:

- Seek appropriate healthcare advice.
- Refer to your company's concussion policy documents for further guidance.

Remember, your health and safety are paramount, and it's essential to follow medical advice and take the necessary time to recover fully.