



# Saint Alphonus

## Rehabilitation Services

901 N. Curtis Rd., Ste 204 • Boise, ID 83706 • (208) 367-3315

Name: \_\_\_\_\_

Date: \_\_\_\_\_ DOB: \_\_\_\_\_

### HOME EXERCISE PROGRAM

#### Return-to-Learn Plan

<u>Stage</u>	<u>Activity</u>	<u>Objective</u>
1. No activity	Complete cognitive rest – no school, no homework, no reading, no texting, no video games, no computer work.	Recovery.
2. Gradual reintroduction of cognitive activity	Relax previous restrictions on activities, adding them back for short periods of time (5-15 minutes at a time).	Gradual controlled increase in <i>sub-symptom threshold*</i> cognitive activities.
3. Homework at home before school work at school	Homework in longer increments (20-30 minutes at a time).	Increase cognitive stamina by repetition of short periods of self-paced cognitive activities.
4. School re-entry	Part day of school after tolerating 1-2 cumulative hours of homework at home.	Re-entry into school with accommodations to permit controlled sub-symptom threshold increase in cognitive load.
5. Gradual reintegration into school	Increase to full day of school.	Accommodations decrease as cognitive stamina improves.
6. Resumption of full cognitive workload	Introduce testing, catch up with essential work.	Full return to school. May commence Return-to-Play protocol.

Source: Master CL, Gioia GA, Leddy JJ, Grady MF.

\*Sub-symptom threshold – keeping cognitive activity below the level that triggers symptoms, such as headache, fatigue or other post-concussive symptoms

\*The goal is to progress through the levels while maintaining a sub-symptom threshold as much as possible.

\*The Speech Therapist will provide direction for advancing through the levels.

Therapist's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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