Rittenhouse
PSYCHIATRIC ASSOCIATES

CONCUSSION PROGRAM
Patient & Family Resource

# Concussion Care Timeline

A quick guide for patients, parents, coaches, teachers, and athletic trainers.

## 1 Recognize & Remove

DAY OF INJURY

- If a concussion is suspected, **remove from play right away**.
- Get evaluated by a healthcare provider experienced in concussion care.
- Let coaches, athletic trainers, and the school know.

## 2 Rest & Reset

FIRST 24–48 HOURS

- **Relative rest**, not total rest. Dark rooms and bed rest are not needed.
- Light daily activity, like a short walk, is encouraged.
- Limit screens, keep a regular sleep schedule, and avoid naps.

## 3 Gradual Return

Days to weeks · Return to Learn and Return to Play happen together

### Return to Learn

- Ease back into school with a plan from your provider.
- Short-term supports may include rest breaks, lighter workload, delayed tests, and screen limits.
- Some symptoms at school are normal and expected.

### Return to Play

- Light, symptom-limited activity early on can speed recovery.
- Progress in steps: walking, jogging, sport drills, then contact.
- If symptoms do not improve, stop and attempt that same stage later.

## 4 Full Return

WHEN CLEARED

- Back to full school days with no accommodations needed.
- Return to full sports and competition **only after medical clearance**.
- Every recovery is different, so try not to compare timelines.

## Red Flags

Call 911 or go to the nearest ER right away if you notice:

- Severe or worsening headache
- Repeated vomiting
- Seizures or convulsions
- Slurred speech
- Loss of consciousness
- Very drowsy or can't be woken
- Unequal pupil size
- Weakness or numbness
- Poor coordination
- Worsening confusion

## Daily Habits That Help

| | |
|---|---|
| Sleep | 7–8 hrs on a set schedule |
| Hydrate | Water; skip energy drinks |
| Eat | Regular, balanced meals |
| De-stress | Routine and slow breathing |
| Move | Light activity every day |

*This handout is a general overview. Your provider will tailor each step to your recovery.*


**Rittenhouse Psychiatric Associates Concussion Program**
Paoli: 30 S Valley Rd #101, Paoli, PA 19301
Philadelphia: 1528 Walnut St, STE 1414, Philadelphia, PA 19102
rittenhousepa.com/services/concussion-tbi

PHONE & FAX
267-358-6155 x1