Rittenhouse
PSYCHIATRIC ASSOCIATES

Tips for Recovery

FOR PATIENTS, FAMILIES, SCHOOLS, AND TEAMS

Most people recover from a concussion within a few weeks. Recovery isn't about strict rest: after a day or two of taking it easy, a **gradual return to normal activities**, guided by your provider, helps the brain heal. Good days and harder days are both a normal part of recovery.

Everyday habits that help

Sleep

- Keep a regular bedtime and wake-up time.
- Aim for a full night's sleep. Daytime naps are not encouraged.

Physical Activity

- Light activity, like walking, is OK after the first day or two.
- Build up slowly as symptoms allow.

Screens

- Limit screen time, especially early on.
- Take frequent breaks and lower the brightness.

Pacing

- Break tasks into smaller pieces with rest in between.
- A mild, brief rise in symptoms is OK; ease off if it climbs.

Nutrition & Diet

- Drink plenty of water and eat regular, balanced meals.
- Limit caffeine, especially later in the day, and avoid alcohol.

Mood & Stress

- Feeling frustrated, worried, or down is common.
- Stay connected with friends and family; take calm breaks.

Getting back to school and sports

School or Work

- Return gradually, often with short-term supports such as breaks, lighter workload, and extra time.
- Share the Return to Learn plan with teachers and the school nurse.
- Keep everyone in the loop as symptoms change.

Sports and Exercise

- Follow the provider's step-by-step Return to Play plan.
- No contact or collision activities until fully cleared by a healthcare provider.
- Return to learn and return to play happen side by side.

When to get help

Call your provider if symptoms get worse, new symptoms appear, or recovery seems stuck.

Call 911 or go to the ER if any of these occur within the first 24–48 hours after a head injury: a worsening, severe headache, repeated vomiting, seizure, increasing confusion, slurred speech, weakness or numbness, or persistent double vision or loss of vision.

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Questions? Call the concussion team
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