


# GENERAL ACTIVITY MANAGEMENT PLAN

## STAGE 1 — VERY SYMPTOMATIC Brief Physical and Cognitive Rest

	
<b>PHYSICAL ACTIVITIES</b>	<ul style="list-style-type: none"><li>✘ Don't play sports (observe or participate).</li><li>✘ Don't participate in active play at recess.</li></ul>
<b>HOME AND LEISURE</b>	<ul style="list-style-type: none"><li>✘ Don't watch TV.</li><li>✘ Don't play video games.</li><li>✘ Don't text (can talk on phone).</li><li>✘ Don't use computers and tablets.</li><li>✘ Don't participate in music lessons.</li><li>✘ Don't go to movies.</li><li>✘ Don't attend parties.</li><li>✘ Don't go to malls.</li><li>✘ Don't drive.</li><li>✘ Don't drink alcohol.</li><li>✘ Don't use drugs.</li></ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"><li>✘ <b>DON'T ATTEND SCHOOL FOR THE FIRST 2 DAYS FOLLOWING THE CONCUSSION.</b></li></ul> <p>Upon return to school: Follow the <i>Return to Learn Management Plan</i> (p. 20).</p>



- ✔ Take short leisurely walks up to 10-15 minutes as tolerated.
- ✔ Refresh in the pool (no laps/diving/jumping).
- ✔ Cook and bake.
- ✔ Play board games.
- ✔ Listen to relaxing music.
- ✔ Do arts and crafts.
- ✔ Socialize with friends at home.
- ✔ Read (limit the duration to a maximum of 15 minutes).

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## SYMPTOM MANAGEMENT

- Acetaminophen and/or ibuprofen can be taken regularly for 3-5 days as needed. Ibuprofen should not be taken within the first 24 hours following the injury unless otherwise advised by your doctor. **Check labels for dosage instructions and warnings.** If still needed after 3-5 days, **reduce** to no more than **3 doses per week.** If in doubt, consult your pediatrician, family doctor or local clinic.
- Drink water regularly (dehydration has been noted to trigger headaches).
- Sleep 8-10 hours per day.
- Don't skip meals.
- If headache is constant and debilitating, return to the Emergency Department for headache management.




ONCE SYMPTOMS  
BEGIN TO  
IMPROVE (WITHIN  
APPROXIMATELY  
2 DAYS), MOVE TO  
**STAGE 2**

# GENERAL ACTIVITY MANAGEMENT PLAN

## STAGE 2 — LESS SYMPTOMATIC

### Able to Participate in Activities at Own Pace Within Symptom-Limits

	
<b>PHYSICAL ACTIVITIES</b>	<ul style="list-style-type: none"><li>✘ Don't play sports (observe or participate).</li><li>✘ Don't participate in active play at recess.</li></ul>
<b>HOME AND LEISURE</b>	<ul style="list-style-type: none"><li>✘ Don't play video games.</li><li>✘ Don't attend music lessons.</li><li>✘ Don't go to movies.</li><li>✘ Don't attend parties.</li><li>✘ Don't go to malls.</li></ul>
<b>SCHOOL</b>	Refer to the guidelines in <b>STAGE 2</b> of the <i>Return to Learn Management Plan</i> (p. 20).



- ✔ Take short leisurely walks up to 15-20 minutes as tolerated.
- ✔ Refresh in the pool (no laps/diving/jumping).
- ✔ **IF TOLERATED**  
May begin **STEP 1** of the *Return to Physical Activity/Sports Management Plan* (p. 32). Do not progress to step 2 until symptom free.

- ✔ Watch TV for 30 minutes. If symptoms do not increase or appear during or after, can increase time over the next few days.
- ✔ Read for short periods (10-15 min) up to 3 times/day. If symptoms do not increase or appear during or after, may increase as tolerated.
- ✔ Use computer and text for short periods (10-15 min) up to 3 times/day. If symptoms do not increase or appear during or after, may increase as tolerated.

Do not engage in the above activities one after the other. Allow adequate time between activities for symptom assessment.

If unable to accomplish the above at 10 days post-concussion, call the MTBI Program – Concussion Clinic, 514-412-4400 extension 23310.

See the *Return to Learn Management Plan* (p. 21) for recommendations on a progressive return to academic workload.

## SYMPTOM MANAGEMENT

- In addition to the recommendations from **STAGE 1**: Consult a doctor if significant sleeping difficulties are experienced.

### ADDITIONAL RECOMMENDATIONS FOR TEENS

- No parties or movies as the excessive noise and light may provoke headaches or other symptoms.
- Avoid driving until symptoms have resolved.
- Absolutely no energy drinks, alcohol or drugs.




**ONCE SYMPTOMS HAVE COMPLETELY RESOLVED FOR A FEW DAYS, MOVE TO **STAGE 3****

# GENERAL ACTIVITY MANAGEMENT PLAN

## STAGE 3 — CONCUSSION SYMPTOMS HAVE COMPLETELY RESOLVED FOR A FEW DAYS

### Gradual Return to Testing and Physical Activities

	
<b>PHYSICAL ACTIVITIES</b>	<ul style="list-style-type: none"><li>✓ Progressive return to sports and physical activities using the <i>Return to Physical Activity/Sports Management Plan</i> (p. 32).</li></ul>
<b>HOME AND LEISURE</b>	<ul style="list-style-type: none"><li>✓ Resume regular daily activities.</li></ul>
<b>SCHOOL</b>	<ul style="list-style-type: none"><li>✓ Progressive return to exams as per <b>STAGE 3</b> of the <i>Return to Learn Management Plan</i> (p. 28).</li></ul>



**FACT | Managing a concussion**

Follow the recommendations in each stage to promote recovery.