

# After Concussion, Return to Normality (ACoRN)

## Expected signs of concussion

- Headache
- Fatigue
- Feeling sick
- Poor concentration
- Poor balance/coordination
- Sensitivity to light or noise

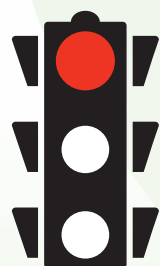
Please give regular pain relief for the next 24 hours and consider giving for up to 1 week. (For doses follow guidance on medicine packaging).

The traffic light system below gives a step by step guide on how to manage the expected signs of concussion detailed below.

- You can move forward to the next stage when you have been symptom free for 24 hours.
- If symptoms re-appear then please move back to the previous stage to help relieve symptoms.
- If symptoms become worse at any point, then please contact either your GP, NHS24 (☎ 111) or, if urgent care required, call ☎ 999.
- If you still have symptoms after 28 days, please see your own GP.



For return to sport, there should be no return to competition before 21 days from injury AND symptom free. You can access this guidance from "If in doubt, sit them out" (Or scan the QR code).



**STOP** and rest both body and mind for 24 hours

### OK to try

- Board games
- Short telephone conversations
- Light crafts

### Not yet

- No screen time (TV, computer games, mobile phones, tablets etc)
- No school
- No sports/physical play
- No reading

After 24 hours, you can move to the next stage



**REST**, but preparing to move

### OK to try

- Light reading
- Limited TV
- Short visits from friends
- 30 mins of school work
- Short walks/light exercise

### Not yet

- No school yet
- Avoid computers and computer games
- No intense exercise, challenging walks or sport

If no concussion signs for 24 hours, then please move to the green stage. If signs return, go back to previous stage



**RETURNING** to normal learning activities

### OK to try

- Phased return to school (perhaps half days or 3-5 days attendance as tolerated)
- Phased return to homework: beginning at 30 mins and increasing

### Not yet

- No return to sport training until at least 14 days
- No return to sport competitions before 21 days from injury AND symptom free.
- No tests/exams until full phased transition back to education

Focus should be on returning to normal daily activities (like school) before unrestricted sporting activities

Discuss with your child and agree when phased return to normality is completed. If this is taking more than 28 days, please arrange to see your own GP.

