

# When Should a Patient Return to Work **After a Concussion?**

1

## **Initial physical and cognitive rest.**

Recommend complete physical and cognitive rest for 1-2 days after a concussion.

2

## **Talk to patients about the benefit of returning to work even if they're not 100%.**

Patients may be hesitant to go back to work, but easing back into their daily routine can actually help their recovery.

3

## **Talk to patients' about their workplace environments.**

Understanding patients' work environments (e.g. are they in an individual office or an open work space?) will help you make appropriate modifications.

4

## **Return to work part-time with appropriate modifications.**

When patients' symptoms get less severe (general rule of thumb is 5/10), they should return to work using breaks to manage symptoms.

5

## **Progress as appropriate.**

As patients' symptoms improve, gradually decrease their work accommodations as tolerated.

6

## **Return to work.**

Return to a full-time work schedule without accommodations.