

Rebuilding your Brains Energy

- Graded return to activities of daily living, work, study, sport, recreation guided by **symptom score**.
- Monitor how different activities affect your symptoms on a scale of 0-10, where
0 = no symptoms, 10 = worst symptoms.

- Symptom increase should only be **mild** and **brief**.

Mild - increase less than 3 points.

Brief - symptoms return to pre-activity level within 1 hour of stopping activity.

- Begin by doing **cognitive** and **physical activities** for **10 -15 minutes** at a time.



- Note the score of any symptoms you have **before** starting the activity and monitor the score **throughout** the activity.



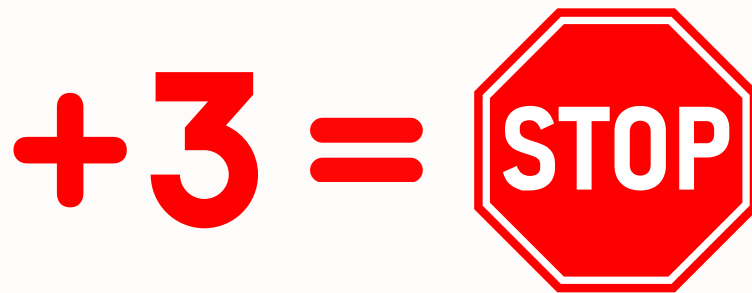
- Note how long it takes for the score to return to your pre activity score when you stop the activity.



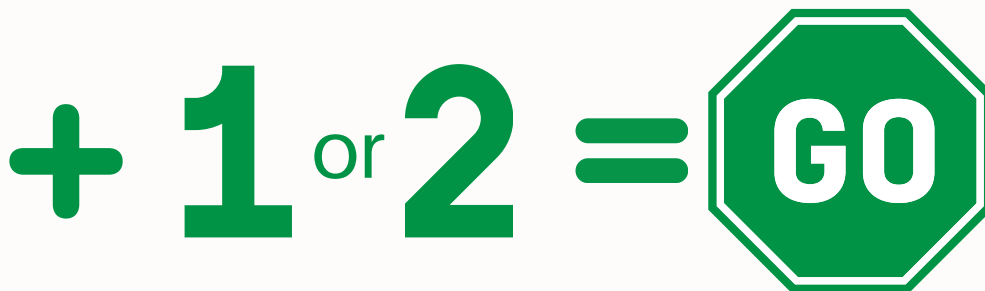
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Next steps

- If score **increases by 3 or more** points then **stop** the activity for that day.



- Next time you try the activity then reduce the time and/or intensity to keep symptom score increase mild and brief.
- If symptom score **increase is mild** (< 3) and **brief** (settles in 1 hour) then you can keep gradually increasing the time and intensity of the activity.



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