Recovery Phase - Example Cognitive Activity

Day 1: Joe has a headache that scores 2 /10, he spends 10 minutes reading and replying to emails. As he does this he notices that his headache is getting slightly worse. By the end of the 10 minutes his headache score is 4/ 10, and within an hour of completing his emails the headache has settled back to 2 /10

GO

Day 2: Given yesterday's result Joe decides to attempt 15 minutes on his emails. His headache score is 2 / 10 before he logs on to his computer. Again he notices that his headache increases as he reads and replies to emails and by 13 minutes it has reached 5 / 10 so Joe logs off and rests for the remainder of the day. His headache returns to 2 /10 about an hour after he logs off his computer.

STOP

Day 3: Joe knows that the attempt to spend 15 minutes on his computer increased his headache by 3 points so he returns to the 10 minutes that he was able to do on day 1. His headache is 2 /10 when he logs on to his computer and 4 / 10 when he logs off after 10 minutes and settles back to 2 /10 within an hour of logging off.

GO

Headway
BRAIN INJURY | AUCKLAND

Recovery

Day 4: As yesterday went well Joe decides that he will attempt to be on the computer for 15 minutes today, his headache score is 2/10 when he logs on. This time he is able to complete the 15 minutes with his headache only increasing to 4/10 and it settles back to 2/10 within an hour of completing the activity.

Day 5: Joe decides to try increasing to 20 minutes on his computer reading and replying to emails. His headache is 2 / 10 before he logs on and increases to 4 / 10 as he is working but he is able to complete the 20 minutes without it getting worse than 4 /10 and it settles back to 2 /10 within an hour of him stopping the activity.

Day 6: Joe decides to attempt to do some more challenging work on the computer today something that requires a bit more concentration than emails. His headache is 1/10 when he logs on, it increases to 3/10 as he works but he is able to complete the 20 minutes and his headache returns to 1/10 within an hour of him logging off.

Sourced from ACC8319 Concussion Education Sheet