

## CARE TIMELINE



### Concussion

If your child is showing signs of a concussion, it is best to remove them from play immediately. Your child should be evaluated by a healthcare professional and should not be permitted to return to play until guidance is provided by a healthcare professional.



### Recovery

Rest and activity modification are important after a concussion. Rest within in the first 24-48 hours of injury aides in recovery. Once symptoms start to improve, it is ok for your child to gradually return to daily activities. It is best to see a healthcare professional to help guide your child in their return to school and sports.



### Return to Learn

Rest and activity modification are important after a concussion. Rest within in the first 24-48 hours of injury aides in recovery. Once symptoms start to improve, it is ok for your child to gradually return to daily activities. It is best to see a healthcare professional to help guide your child in their return to school and sports.



### Return to Play

Rest and activity modification are important after a concussion. Rest within in the first 24-48 hours of injury aides in recovery. Once symptoms start to improve, it is ok for your child to gradually return to daily activities. It is best to see a healthcare professional to help guide your child in their return to school and sports.

**Return-to-Learn and Return-to-Play occur simultaneously when recovering from a concussion.**

**Recovering from a concussion involves a delicate balance between academic activity and physical activity.**

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Sports Concussion Program