



WORK AFTER CONCUSSION

Returning to work after a concussion is an important step in your recovery. It's important to work with your medical team and your employer to set up a successful return to work (RTW) plan.

IF YOU'VE JUST BEEN INJURED

Cognitive & physical rest are very important at this stage. You should consider taking time off work, or at least reducing your hours and demands at work.

IF IT'S BEEN A FEW DAYS, WEEKS OR MONTHS SINCE YOU WERE INJURED

It's time to start engaging in everyday activities and work as tolerated. Get clearance from your medical team to return to work and develop a plan with your employer to gradually return to regular hours and duties over time.

QUICK TIPS:

- Don't rush back to work. Returning too soon can overload your brain and body and prolong your recovery.
- Focus on rest for first 1-3 days, then try increasing your activity slowly without making symptoms much worse. Gentle activity is fine, as long as it doesn't aggravate symptoms.
- See your medical team to provide guidance to you and your employer. Your medical team should assess your symptoms and determine your cognitive and physical tolerances. They will recommend if you should take time off work or modify your hours or duties.

CONSIDER THE MANY COGNITIVE DEMANDS THAT ARE INVOLVED IN YOUR WORK:

Attention and concentration
Multitasking
Working memory
Short term memory
Long term memory

Learning
Processing information
Taking directions
Planning and scheduling
Problem Solving

Dealing with busy environments
Dealing with stress
Working with people
Performance pressure
Light and noise

The best option is to rest for a few days, then organize a gradual return to work (GRTW) which:

- Starts with reduced hours and duties
- Progresses hours and duties gradually over a few weeks (or months)
- Is adjusted if you find it difficult to progress
- Is specific to you and your needs

Other Notes:

- You should be included and involved in planning your return to work.
- The plan should also be monitored by your medical team and your employer

If you can't take time off work, consider:

- Reducing your work hours
- Reducing or modifying your work demands
- Reducing physical job demands (like lifting, carrying, pushing/pulling, standing)
- Reducing cognitive job demands (like concentrating, multitasking, using computers and driving)
- Working in an easier alternate position temporarily (like doing a sedentary job)
- Focusing on core job tasks that must be done, and delegate non-essential tasks
- Minimizing distractions and stimulation