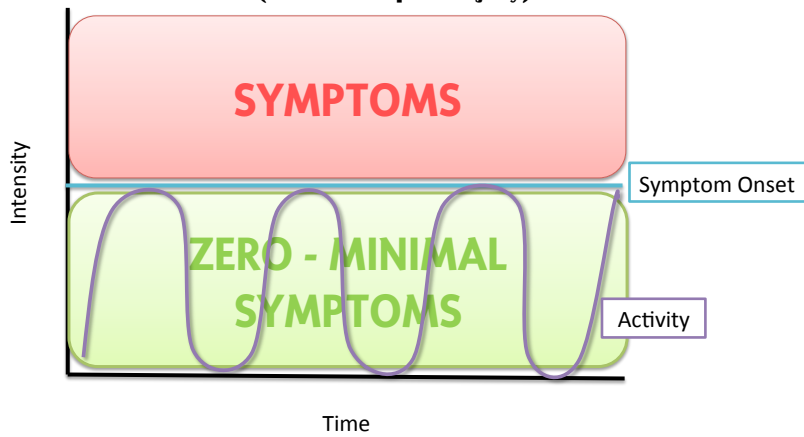


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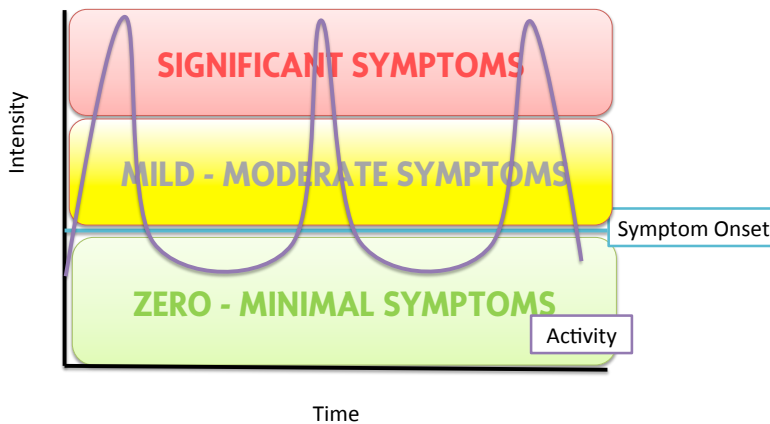
Early Target Activity Pattern (1-4 Weeks post injury)



Developed by Parkwood Hospital
Outpatient ABI Team



Current Activity Pattern



Developed by Parkwood Hospital
Outpatient ABI Team

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Academic Accommodations for Concussed Students

Symptom	Accomodations
Headache	Frequent breaks, quiet area
Fatigue	Frequent breaks, shortened days, only certain classes
Light or noise sensitivity	Sunglasses, ear plugs or headphones, quiet area to complete work, avoid noisy areas (cafeterias, assemblies, sport events, music class, shop class), avoid computer work
Anxiety	Reassurance and support from teachers about accommodations, reduced work load
Difficulty concentrating	Shorter assignments, decreased workload, frequent breaks, having someone read out loud, more time to complete assignments/tests, quiet area to complete work, provide study guides
Difficulty remembering	Written instructions, smaller amounts to learn, repetition

Helpful Strategies:

- Use a timer to set restrictions for all activities to avoid the “danger zone”
- Build break periods into your day-15 minutes every hour
- Alternate between “thinking” (light reading) vs “doing” (going for a walk) activities
- Plan your day in advance so you can schedule breaks and prevent pushing through your symptoms
- Track your activities in a symptom planner to help keep track of specific activities and whether they bring on symptoms-this allows you monitor them more closely



Persistent Symptom Target Activity Pattern

