

Return-to-Play (RTP) & Return-to-Learn (RTL) Progression Ladder

Purpose: Stepwise plan for safe return to physical and cognitive activity after concussion.

Note: Minimum 24 hours between stages. If symptoms return → drop back one stage.



Return-to-Learn (RTL)

Stage	Activity	Progress Criteria
1	Full rest (24–48 hrs)	Symptoms improved
2	Light cognitive activity (reading, etc.)	Tolerated 30–60 mins without worsening
3	Part-day school with rest breaks	Symptoms stable
4	Full-day school, modified workload	No symptom increase
5	Full academic load	Symptoms resolved



Return-to-Play (RTP)

Stage	Activity	Progress Criteria
1	Daily activities (non-sport)	Symptoms < mild
2	Light aerobic exercise (e.g., walking)	No symptom provocation
3	Sport-specific drills (no contact)	Controlled exertion tolerated
4	Non-contact training drills	Full exertion without symptoms
5	Full-contact practice	Cleared by qualified clinician
6	Game play / competition	Fully asymptomatic