Return-to-Work Considerations Algorithm
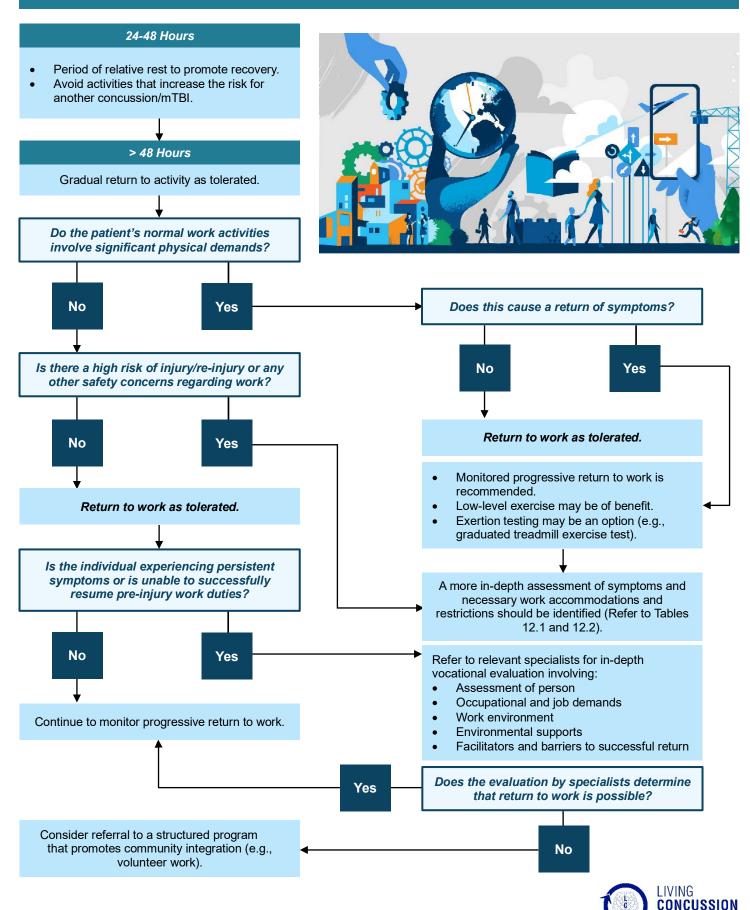
24-48 Hours

- Period of relative rest to promote recovery.
- Avoid activities that increase the risk for another concussion/mTBI.

> 48 Hours

Gradual return to activity as tolerated.

Do the patient's normal work activities involve significant physical demands?

No / **Yes**

Does this cause a return of symptoms?

No / **Yes**

Is there a high risk of injury/re-injury or any other safety concerns regarding work?

No / **Yes**

Return to work as tolerated.

- Monitored progressive return to work is recommended.
- Low-level exercise may be of benefit.
- Exertion testing may be an option (e.g., graduated treadmill exercise test).

Return to work as tolerated.

Is the individual experiencing persistent symptoms or is unable to successfully resume pre-injury work duties?

No / **Yes**

A more in-depth assessment of symptoms and necessary work accommodations and restrictions should be identified (Refer to Tables 12.1 and 12.2).

Continue to monitor progressive return to work.

Refer to relevant specialists for in-depth vocational evaluation involving:

- Assessment of person
- Occupational and job demands
- Work environment
- Environmental supports
- Facilitators and barriers to successful return

Does the evaluation by specialists determine that return to work is possible?

Yes / **No**

Consider referral to a structured program that promotes community integration (e.g., volunteer work).

LIVING CONCUSSION GUIDELINES