

Concussion Action Plan

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Gradual return to learning and play

Stage:

Activity:

Aim of Stage:

Rest:

STAGE 1:
(minimum 24 - 48hrs)

- No activity, complete rest

Recover:

minimum two week period (1g100.6 g100.6ayvfb/992
commence100.6 until after complete100.6 revfb/992;
concuso100.6 n sptoms