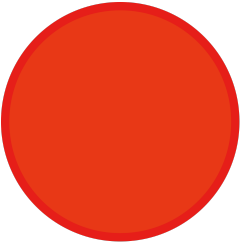
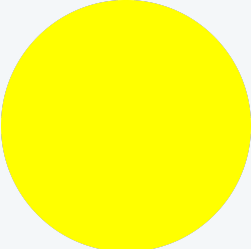
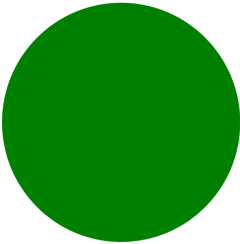


Phases of mTBI recovery

Improvement with mild Traumatic Brain Injury (mTBI) / concussion is expected. Listen to your body as you progress to getting back to everyday activities.

mTBI Recovery Phases	
	<p>Symptoms Not Controlled Phase</p> <ul style="list-style-type: none"> ✓ Symptoms are not controlled ✓ The client is not able to participate as usual ✓ Focus on understanding symptoms and managing symptoms ✓ Many life tasks will need to be modified: Be mindful with sports, exercise, cognitive demands, and screen time.
	<p>Symptoms Managed Phase</p> <ul style="list-style-type: none"> ✓ The client has a good understanding of symptoms and is able to manage them to avoid a setback. ✓ Focus on building tolerance in controlled environments. ✓ Do activities that are fun and enjoyable - avoid “complete rest.” ✓ As symptoms improve, gradually return to activity. There is no “rule” - rather, return to activity is guided by symptoms. ✓ Practice “pacing”: increasing activity while staying below symptom threshold.
	<p>Getting Back To Life Phase</p> <ul style="list-style-type: none"> ✓ The client continues to return to full activities ✓ Use accommodations and strategies as needed. ✓ Actively track ability and symptoms, as well as the success of strategies.

Reference: Hardin, K. (2015). Coming out of the dark. ASHA Leader, 20(12), <https://doi.org/10.1044/leader.FTR1.20122015.38>