

## Hull-Ellis Concussion and Research Clinic Physician Progress/Recovery Ratings Guide

Stage	Cognitive/Work/School	Physical	Sensory
<b>1 - No attendance</b>	No attendance at work/school	No physical activities.	Very little or no screen time. No group work / meetings.
<b>2 - Trial attendance (10 – 25%)</b>	Trial attendance at work. 1 to 25% of work/school duties.	Light aerobic activities with minimal head movement. (walking, stationary bike, elliptical, etc)	Minimal screen time No group work / meetings. No tech / media / music classes.
<b>3 - Partial attendance (26 – 50%)</b>	Half of full-time attendance. 26 to 50% of work/school duties.	Light aerobic activities with increasing head movement.	Minimal screen time Limited group work / meetings. No tech / media / music classes.
<b>4 - Increased participation (51 – 75%)</b>	Three quarter of full-time attendance. 51 to 75% of work/school duties.	Increasing intensity of aerobic activities. Introduce individual sports specific drills.	Increased screen time. Slightly increased group work. No tech / media / music classes.
<b>5 - Near normal participation (76-100%)</b>	Full-time attendance at work with accommodations. 76 to 100% of work/school duties.	Introduce team sports practices.	Near normal screen time. Normal group meetings, some work on group assignments. Limited tech / media / music classes.
<b>6 - Unrestricted participation (100%)</b>	Full work/school duties	Full sports and physical activity.	Normal screen time and group work. Normal tech / media / music classes.