



## Resources and References for the DCoE March 2014 TBI Webinar

### Progressive Return to Activity Following Acute Concussion/Mild TBI: Guidance for the Primary Care Manager and Rehabilitation Provider

#### Resources

In January 2014, the Defense and Veterans Brain Injury Center (DVBIC) released two companion clinical recommendations to facilitate a standardized, staged return to unrestricted activity for service members who have sustained concussion in deployed and non-deployed settings.

The “Progressive Return to Activity Following Acute Concussion/Mild Traumatic Brain Injury (mTBI): Guidance for the Primary Care Manager and Rehabilitation Provider,” in the deployed and non-deployed setting, addresses six stages of progression from rest to pre-injury activity; definition of rest; use of the Neurobehavioral Symptom Inventory to track symptoms; a two-tiered complementary approach based upon symptoms and provider judgment; physical, cognitive and vestibular/balance activities recommended for participation and activities to avoid at each stage; and guidelines for progression, regression and referral.

In addition to each guidance, DVBIC developed a complementary suite of tools for clinical support, training, and patient education.

#### Primary Care Manager

[Primary Care Manager Clinical Recommendation](#)  
[Primary Care Manager Clinical Support Tool](#)  
[Primary Care Manager Training Slides](#)  
[Patient Education Brochure](#)

#### Rehabilitation Provider

[Rehabilitation Provider Clinical Recommendation](#)  
[Rehabilitation Provider Clinical Support Tool](#)  
[Rehabilitation Provider Training Slides](#)  
[Patient Education Tool](#)

#### Additional resources

[Acute Concussion Education Brochure](#)  
[Concussion Management Algorithm Pocket Cards](#)  
[Concussion Management in the Garrison Setting](#) (order through AKO Portal Training)

#### References

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