



**Defense Health Agency, J-7, Continuing Education Program Office**

**Traumatic Brain Injury Center of Excellence (TBICoE)**

**DHA-US1226 Progressive Return to Activity**

**Enduring Material (Home Study), December 1, 2025 – December 1, 2026**

**Continuing Education (CE)/Continuing Medical Education (CME) Information**

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician assistants, occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

**TBICoE-DHA-US1226: Progressive Return to Activity (1.0 clock hour)**

**Learning Objectives:**

1. Describe the initial management of a patient diagnosed with concussion.
2. Communicate the criteria for progression in the Progressive Return to Activity (PRA) to a service member.
3. Identify appropriate activities for each of the six stages of the PRA and provide activity examples for each stage.
4. Apply primary care management strategies to service members who are not progressing as expected in the PRA and recognize indications for specialty referral.
5. Conduct the Return to Duty (RTD) screening with a service member.

**Faculty:**

The Traumatic Brain Injury Center of Excellence. Presenter has no financial or non-financial relationships to disclose. All relevant financial relationships have been resolved.

**Disclosures:**

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

**Physicians (ACCME)**



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this enduring material (home study) activity for a maximum of 1.0 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses (ANCC)**

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education enduring material (home study), activity for a maximum of 1.0 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

**Physician Assistants (AAPA) - Enduring**



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 hour of AAPA Category 1 CME credits. Approval is valid until 1 December 2026. Physician assistants should only claim credit commensurate with the extent of their participation.

**Optometrists (ARBO/COPE)**



The DHA, J-7, CEPO designates this as asynchronous activity for a maximum of 1.0 COPE credit hours.

**COPE Course ID #: 95874-PB**

**COPE Activity/Event #: 129985**

### **ACCME Non-Physician CME Credit**

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.0 hour for completing this enduring material (home study) activity.

### **Occupational Therapists and Occupational Therapy Assistants (OTA)**



The DHA, J-7, CEPO is an American Occupational Therapy Association (OTA) Approved Provider of professional development (PD). PD activity approval ID# 05548. This distance learning-independent activity is offered at 0.1 CEU intermediate, OT service delivery, foundational knowledge. OTA does not endorse specific course content, products, or clinical procedures.

### **Physical Therapists and Physical Therapy Assistants (APTA)**



The DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive 0.1 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

### **Other Professionals**

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

### **Commercial Support:**

No commercial support was provided for this activity.

### **Participation Costs:**

There is no cost to participate in this activity.

### **CE/CME Inquiries:**

For all CE/CME related inquiries, please contact: [dha.ncr.j7.mbx.continuing-education-office@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.mil)

### **How to Obtain CE/CME Credit:**

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 1 December 2026 at 1159 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)