

PlaySafe High School Concussion Protocol

Concussion Sustained

**** No return to play on the same day.**
**** at least 48 hours of observation before moving to evaluation for purposes of clearance.**

Initial evaluation by appropriate medical provider for purposes of beginning clearance

- 1) Verification of symptom free status for 12 hours according to patient and guardian. If not, rest 24 hours or until asymptomatic for 12 hours.
- 2) Basic neurologic exam must be normal: Cranial nerves, reflexes, balance, cognition, and strength.
- 3) Once symptom free 12 hrs, exert patient with one minute of brisk running in place followed by either 5 pushups or 10 sit-ups.
- 4) Then again verify symptom free status. If symptoms have recurred, rest at least 24 hours and until again asymptomatic for 12 hours.
- 5) Symptoms or signs of concussion are evaluated for through out this visit.

Clearance to start progression back to play given by qualified medical personnel.

Day 1:
Aerobic exercise
(Ex: a stationary bike)

Day 2:
Sport specific exercise
(Ex. Non-sprint running drills, shooting basketball)

Day 3:
Non- contact training Drills
(Ex. Sprints, light Resistance training)

Day 4:
Full contact practice

Day 5: Game Play

-Athletic trainer reassesses regularly for verification that no concussion signs and symptoms are still present

Important Points:

- 1) **Concussion** is defined as **any alteration in mental status** associated with a trauma. Loss of consciousness is not required and not the norm.
- 2) **No concussed athlete returns to the same event**, and all athletes must complete this protocol before return to play.
- 3) Other more critical injuries should be evaluated for at all times.
- 4) Symptom recurrence at any point requires return to level of protocol where symptom free and progression from that point. (Example: Symptoms on Day 2 while doing sport specific exercise means patient must return to aerobic exercise only and if symptom free may progress from there on a daily basis.)
- 5) Persistent recurrent symptoms require returning to complete rest and reevaluation by physician.
- 6) In some circumstances, after more severe symptoms have resolved, the sports medicine team may opt to allow light aerobic activity (non—contact) as long as it does not worsen symptoms.
- 7) The entire protocol should take a **minimum of 7 days to complete.**

