



CONCUSSION MANAGEMENT PROGRAM

Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. An estimated 400,000 high school athletes sustained a concussion in five major male sports and four major female sports during the 2005-2008 school years. Each year, an estimated 135,000 sports and recreational related head injuries, including concussions, are evaluated in U.S. emergency departments. The CDC (Center for Disease Control) estimates that as many as 3,900,000 sports and recreational related concussions occur in the U.S. each year.

A concussion is a type of injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

The following approach will be utilized by Beal City Public Schools Licensed Athletic Trainer to assist in timely recognition, management and safe return to activity for a concussed athlete. MidMichigan Health, WellSport and Beal City Concussion Management Protocol:

- Follow-up with physician within 24-48 hours of injury or sooner if symptoms worsen. This allows for return to play process to be initiated in order to return athlete back to playing status as soon as possible.
- REST until asymptomatic
- GRADUATED return to play protocol initiated as directed by physician
- When completely recovered, WRITTEN RETURN TO PLAY release required from a health care provider trained in concussion assessment and management.

Impact Testing – a tool used pre-season to establish the athlete's baseline and then used post concussion to guide in return to play decisions.

NFL Sideline Concussion Assessment Tool – used on the sideline to assess the signs and symptoms of a concussion. A copy is given to the parent to take to ER and/or doctor appointment.

Parent Concussion Information Sheet – given to the parent with details of the concussions and symptoms to look for and monitor in their child.

Graduated Return to Play Strategy – this is a 6 stage protocol designed to introduce activities that will progressively challenge the athlete both mentally and physically to assist in return to full unrestricted activity.

1. No Activity – complete physical and cognitive rest. Objective is recovery.
2. Light aerobic exercise – walking, swimming or stationary cycling keeping less than 10% maximum predicted heart rate. Objective is to increase heart rate.
3. Sport-specific exercise – skating drills in hockey, running drills in soccer. No head impact activities. Objective is to add movement.
4. Non-contact training drills – progression to more complex training drills, e.g. passing drills in football and ice hockey. Objective is exercise, coordination and sport specific skill assessment.
5. Full contact practice – following medical clearance, participate in normal training activities. This return to contact can not be on the same day as a game. Objective is to restore confidence and assess functional skills.
6. Return to play – normal game play.