1 SUSPECT A HEAD INJURY? POSSIBLE SYMPTOMS INCLUDE:

- Headache
- Dizziness
- Blurry vision
- Disorientation

Once head injury is sustained/ diagnosed it is important to keep a look out for worsening symptoms.

- Increased/Unbearable headache
- Decreased mental status
- Vomiting

If you experience any of these symptoms, seek emergency care immediately.

2 REMOVE FROM ACTIVITY AND NOTIFY KEY PERSONNEL

- Parents
- Athletic Trainer
- School Nurse/ Physician
- Coach

In some cases a "Return to Learn" plan may be put in place with specific accommodations depending on what symptoms the athlete is experiencing. Accommodations could include:

- 1/2 school days that progress to full school days
- No tests or quizzes, progress to untimed testing and quizzing
- Take breaks when needed.
- Given extra time to finish assignments
- Lighting and noise accommodations

Academic Accomdations should be developed by a MultidisciplinaryHealth Team including the physician, certified athletic trainer, school nurse, guidance counselor.

3 REST (PHYSICAL AND MENTAL)

- Decrease computer, phone, television and tablet use.
- Avoid physical activities that reproduce symptoms
- Avoid loud music and bright lights
- Get good sleep, take naps if tired

4 MONITOR SYMPTOMS

- Contact healthcare provider if symptoms increase or persist for more than 3 days.

5 24 HOURS SYMPTOM FREE

- May begin 5 step return to play progression once symptom free & off of medications.

Return to Play Progression:
Written clearance by a physician is required prior to beginning a return to play progression.

Step 1: Light aerobic exercise such as walking or stationary cycling, no resistance training.
Step 2: Sport Specific exercise, progressive addition of resistance training at steps 3 or 4.
Step 3: Non-contact training drills
Step 4: Full contact training after medical clearance.
Step 5: Game play

Pay close attention to symptoms. If any post concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after 24 hours.

6 FINAL POST-CONCUSSION TEST & RETURN TO GAME PLAY/ACTIVITY.

TSM Towson Sports Medicine