



Concussion Home Instructions

Name: _____ has sustained a suspected concussion on _____ that has been evaluated by a trained therapist. Below are the proper guidelines to care for the injury.

COMMON SIGNS AND SYMPTOMS OF A CONCUSSION:

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| <ul style="list-style-type: none"> • Headache/"pressure in head • Disorientation • Nausea/vomiting • Amnesia • Sensitivity to noise | <ul style="list-style-type: none"> • Tinnitus (ringing in the ears) • Feeling "slowed down" • Sensitivity to light • Personality/emotional changes • Difficulty concentrating | <ul style="list-style-type: none"> • Dizziness/balance problems • Loss of consciousness • Vision changes • Fatigue/drowsiness |
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IF ANY SIGNS/SYMPTOMS WORSEN, OR NEW SYMPTOMS DEVELOP, YOU SHOULD BE TAKEN TO THE HOSPITAL IMMEDIATELY

RED FLAGS – SEIZURE OR CONVULSIONS, WORSENING HEADACHE, DROWSINESS/CAN'T BE AWAKENED, CAN'T RECOGNIZE PEOPLE OR PLACES, REPEATED VOMITING, WEAKNESS IN ARMS OR LEGS, SLURRED SPEECH

THE FIRST 48HRS

<p><u>ACTIONS TO AVOID:</u></p> <ul style="list-style-type: none"> • Advil/Ibuprofen/Aleve/Asprin/Tylenol • Caffeine • Loud noises • Driving • Computer/tv/phone/video games/reading • Exercise (running/weights, etc) 	<p><u>ACTIONS TO ENCOURAGE:</u></p> <ul style="list-style-type: none"> • Sleep • Cognitive rest (limit school work/reading, etc.) • Good nutrition/hydration
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AFTER THE FIRST 48HRS

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| <p><u>ACTIONS TO ENCOURAGE</u></p> <ul style="list-style-type: none"> • Begin low intensity exercise • Slowly introduce noise, lights, screens • Gradually rejoin regular daily activities (school, social activities) |
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This information sheet is only meant as a guideline for immediate care of a concussion- do not hesitate to go to a hospital or physician if you have any concerns.

You must be cleared by a physician. Under no circumstances are you allowed to return to play until you have been cleared

◆ Please report to the LU Concussion Clinic if you have any questions or concerns ◆

Therapist: _____ Date: _____



Graded Return To Play Protocol

- An athlete must see a physician after a concussion has occurred.
- In the meantime, an athlete can initiate the first two stages of the return to play protocol.
- The athlete must be cleared by a physician to begin Stage 3 of the Graded Return to Sport protocol
- All athletes must proceed through the following stages of activity in order to be cleared to play
 - Athletes should not be playing any level sport while proceeding through the return to play protocol
- If symptoms return during stage 3-6, the athlete will be asked to rest until symptoms are gone (minimum 24 hours), and then will begin at the last stage completed symptom-free
- The athlete will check in with parents or coaches after each day/stage to be cleared to move to the next stage
- It is expected that an athlete will take a minimum of 6 days to proceed through the return to sport protocol, and timing depends on symptoms assessed daily

Rehab Stage	Functional Exercise	Objective
1. Low-No Activity (48hrs)	Complete physical and cognitive rest	Recovery
2. Light Aerobic Exercise	Walking, swimming or stationary bike Intensity <70% MHR No resistance training	Increase HR
Medical clearance by a physician		
3. Sport-specific Exercise	Passing/running/etc. No head or body impact activities	Add movement
4. Non-contact Training Drills	Progression to more complex drills May start progressive resistance training	Exercise, coordination and cognitive training
Medical clearance by a physician		
5. Full-contact Practice	Participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Return to Play	Normal game play	