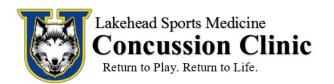


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Concussion Home Instructions

| | crapist. Delow ar | e the proper gala | elines to care for the injury. |
|--|--|--|---|
| COMMON SIGNS AND SYMPTOMS OF A CO | NCUSSION: | | |
| Headache/"pressure in head | • Tinnitus (ringing in the ears) | | Dizziness/balance problems |
| • Disorientation | • Feeling "slowed down" | | • Loss of consciousness |
| Nausea/vomiting | Sensitivity to light | | Vision changes |
| • Amnesia | Personality/emotional | | • Fatigue/drowsiness |
| | changes | | - |
| Sensitivity to noise | Difficulty concentrating | | |
| D FLAGS – SEIZURE OR CONVUSIONS, WOODLE OR PLACES, REPEATED VOMITING, N | | | |
| THE FIRST 48HRS | | A STANCE OF TAKE | OUDAGE |
| ACTIONS TO AVOID: | | ACTIONS TO ENCOURAGE: | |
| Advil/Ibuprofen/Aleve/Asprin/Tylenol | | Sleep | |
| Caffeine | | _ | e rest (limit school work/reading, |
| Loud noises Deliving | | etc.) | trition/budration |
| Driving | | • Good nu | trition/hydration |
| G | omos/roadina | | • |
| Computer/tv/phone/video g Exercise (running/weights, e | • | | |
| Computer/tv/phone/video g | • | | |
| Computer/tv/phone/video g Exercise (running/weights, e | • | This information | on sheet is only meant as a |
| Computer/tv/phone/video g Exercise (running/weights, e AFTER THE FIRST 48HRS | tc) | | |
| Computer/tv/phone/video g Exercise (running/weights, e AFTER THE FIRST 48HRS ACTIONS TO ENCOURAGE | tc) | guideline for in not hesitate to | mmediate care of a concussion- do o go to a hospital or physician if you |
| Computer/tv/phone/video g Exercise (running/weights, e AFTER THE FIRST 48HRS ACTIONS TO ENCOURAGE Begin low intesity exercise | e chts, screens | guideline for i | mmediate care of a concussion- do o go to a hospital or physician if you |
| Computer/tv/phone/video g Exercise (running/weights, e) AFTER THE FIRST 48HRS ACTIONS TO ENCOURAGE Begin low intesity exercise Slowly introduce noise, lige Gradually rejoin reagular | e chts, screens | guideline for it not hesitate to have any conc | mmediate care of a concussion- do o go to a hospital or physician if you |
| Computer/tv/phone/video g Exercise (running/weights, e) AFTER THE FIRST 48HRS ACTIONS TO ENCOURAGE Begin low intesity exercise Slowly introduce noise, lige Gradually rejoin reagular | e chts, screens | guideline for in not hesitate to have any conc You <u>must</u> be o | mmediate care of a concussion- do go to a hospital or physician if you erns. leared by a physician. Under no are you allowed to return to play |



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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 | Recovery | | |
| 1. Low-No Activity (40113) | rest | recovery | | |
| 0 1:1/4 1:5 | 1 4 4 4 | | | |
| Light Aerobic Exercise | Walking, swimming or stationary | Increase HR | | |
| | bike | | | |
| | Intensity <70% MHR | | | |
| | No resistance training | | | |
| Medical clearance by a physician | | | | |
| Sport-specific Exercise | Passing/running/etc. | Add movement | | |
| | No head or body impact | | | |
| | activities | | | |
| Non-contact Training | Progression to more complex | Exercise, coordination and | | |
| Drills | drills | cognitive training | | |
| | May start progressive resistance | 9-99 | | |
| | training | | | |
| U | | | | |
| Medical clearance by a physician | | | | |
| Full-contact Practice | Participate in normal training | Restore confidence and assess | | |
| | activities | functional skills by coaching | | |
| | | staff | | |
| 6. Return to Play | Normal game play | | | |