

Anderson/ Pickens/ Oconee County 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 physician for purposes of beginning clearance

Including in stepwise fashion:

- 1) Verification of symptom free status for 12 hours according to patient and guardian. (symptoms on SCAT card on reverse side of this protocol). If not, rest 24 hours or until asymptomatic for 12 hours.
- 2) Basic neurologic exam must be normal: Cranial nerves, reflexes, balance, strength. Balance testing also typically included.
- 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) When the above parameters are met to satisfaction, ImPACT neuropsychologic testing administered particularly when baseline testing results are available. Results to be reviewed as additional tool in assessment.

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) ImPACT neuropsychologic testing should be performed at baseline whenever possible, particularly in contact sports.
- 3) No concussed athlete returns to the same event, and all athletes must complete this protocol before return to play.
- 4) Other more critical injuries should be evaluated for at all times.
- 5) 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.)
- 6) Persistent recurrent symptoms require returning to complete rest and reevaluation by physician.
- 7) The entire protocol should take a minimum of **7 days to complete.**

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

-Trainer discusses progress with MD for final clearance

Day 5: Game Play