

Concussion Care Instructions

You have been diagnosed with or are suspected of having suffered a mild traumatic brain injury (mTBI), also known as a concussion. Below are the recommended guidelines to help with your recovery:

Follow-ups: Please Follow up with your Primary Care Physician and Athletic Trainer within 3 days.

Physical Activity

NO physical activity until cleared by an appropriate medical professional. This includes, but is not limited to, physical education class, recreational sports, organized sports, recess, etc.

Use of Technology

Cease or heavily limit use of computers, cell phones, televisions, video games, and any other technological devices as they can exacerbate symptoms and prolong healing.

Academic Participation

If symptoms interfere with academic performance, contact your school guidance counselor for possible accommodations. Additional documentation from a physician may be required.

Driving

Limit driving time to only necessary situations. Driving requires constant brain stimulation that may exacerbate symptoms. Impaired concentration and comprehension may alter ability to drive safely.

Sleeping

Allow extra time for sleeping and rest if possible. Sleep is vital in the recovery process because the injured brain needs rest to begin to heal itself.

Diet

Continue a normal diet as symptoms allow. Avoid caffeine and alcohol until symptoms resolve and you have returned to normal physical activity.

Return to Sport Steps: Once symptoms scale is less than <10 ImPACT Test to be completed and interpreted by trained Provider. Once ImPACT score is considered within normal parameters of Baseline the following steps can be completed:

Return to Physical Activity Protocol Following Head Injury

The six stages of the progression are outlined below. After each stage is completed, wait 24 hours until trying the next stage. Athlete must be symptom free before progression in the protocol. If symptoms return be sure to communicate with the medical professional you are working with.

6 Stage Post-Concussion Exertion Program

Maximum Exertion calculated by: $220 - \text{age} \times \text{Target \%} = \% \text{ exertion}$

STAGE

ACTIVITY

Stage 1

Target Heart Rate (HR): 30-40% of maximum exertion

Recommendations: 10-15 minutes of cardio exercise; low Stimulus environment; no impact activities; balance and Vestibular treatment (prn; limit head movement/position Change; limit concentration activities

-Very light aerobic conditioning
- Sub-max strengthening
-ROM / stretching
Very low level balance activities

Stage 2

Target HR: 40-60% of maximum exertion

Recommendations: 20-30 minutes of cardio exercise; exercise In gym areas; use various exercise equipment; allow some Positional changes and head movement; low level Concentration activities

-Moderate aerobic conditioning
-Light weight strength exercise
-Stretching (active stretching initiated)
-Low level balance activities

Stage 3

Target HR: 60-80% of maximum exertion

Recommendations: any environment OK for exercise (indoor, Outdoor); integrate strength, conditioning, and balance/ Proprioceptive exercise; incorporate concentration challenges contact)

-Moderately aggressive aerobic exercise
-All forms of strength exercise (80% max)
-Active stretching exercise
-Impact activities running, plyometrics (no
-Challenging proprio-balance activities

Stage 4 (Sports Performance Training)

Target HR: 80-90% of maximum exertion

Recommendations: continue to avoid contact Activity; resume aggressive training in all environments

-Non-contact physical training @ practice
-Aggressive strength exercise
-Impact activities/plyometrics
-Sports specific training activities

Stage 5 (Sports Performance Training)

Target HR: Full exertion with contact

Recommendations: initiate contact activities as exercise Appropriate to sport activity; full exertion for sport

-Resume full physical training activities
-Continue aggressive strength/conditioning
-Sport specific activities

Stage 6 Full return to competition - no restrictions

-Full return to game competition