



Marcus Whitman Central School District

4100 Baldwin Road Rushville, NY 14544-9799

Telephone: (585) 554-6441 Fax: (585) 554-4810

Concussion Protocol Checklist

*to be completed by a physician

Student Name: _____

Date: _____

School: _____

DOB: _____

Sport: _____

Date of Injury: _____

Diagnosis:

Concussion _____

This form is to serve as a status update on where the student stands in the concussion protocol. This is only a guideline as every concussion is treated on an individual basis. The patient may transition to the next step as directed. They may not be cleared until a final physician review is complete.

COGNITIVE AND PHYSICAL REST

Step 1—Brain rest, **NO** school/sports—**Can move to next step when acute symptoms are improving**

- Lots of cognitive and physical rest
- **ALLOW SLEEP** and no need to wake routinely
- Minimal/No TV, video games, texting or reading

RETURN TO LEARN

Step 2—Getting ready to return—**Can move to next step when symptom free or after 2 weeks**

- Begin 1-2 days prior to returning to school & avoid all activities that cause symptoms
- Gentle activities (walking, reading, 15 minutes screen time, etc.)
- **NO** PE/Sports/Band/Music

Step 3—Back to modified school—**Can move to next step when able to tolerate these activities**

- May last days to months
- Early bed. Lots of rest. Less stressful classes to start
- Can start with partial days and slowly progress to full days as symptoms allow
- **NO** tests/quizzes. Homework less than 15 minutes
- Utilize quiet study halls or tutor if available
- OK to take breaks to the nurse's office if needed
- Avoid cafeteria, loud bus, loud hallways. Allow extra time between classes if needed
- **NO** PE/Sports/Band/Music

- Step 4—Back to nearly normal school days-**Can move to next step when symptom free**
 - Back to full days of school but can do less than 5 days/week if needed
 - As much homework as tolerated without producing symptoms max of 1 test/wk
 - Still **NO** PE/Sports/Band/Music
- Step 5—Full school-Can move to next step once symptom free for _____
 - Full attendance. Full homework. Normal tests/quizzes
 - Can start RTP Protocol in PE
 - Can return to band/music if it does not produce symptoms
- Step 6—Neurocognitive testing (Impact Test)
 - Report results to PCP/Medical Director
 - ❖ If unable to progress through these steps over 4 weeks, may implement 504 pan/IEP/SST

RETURN TO PLAY (RTP)-Must be symptom free no less than 24 hours and approved by Nurse to begin RTP

- Step 7—Day 1—Light aerobic activity-**Can move to next step if symptom free**
 - Examples: Walking, swimming, stationary bike-50% max heart rate
 - NO resistance training/NO contact activities
 - Signature of PE teacher/Coach/Parent _____
- Step 8—Day 2—Aerobic activity/resistance training-**Can move to next step if symptom free**
 - Examples: Walking, swimming, stationary bike-75% max heart rate
 - Can add resistance training
 - Signature of PE teacher/Coach/Parent _____
- Step 9—Day 3—Sport specific activity-**Can move to next step if symptom free**
 - Simple drills. **NO** head impact activities
 - Signature of PE teacher/Coach/Parent _____
- Step 10—Day 4—Non-contact training drills-**Can move to next step if symptom free**
 - Complex drills (passing drills)
 - Non-contact practice-**NO** head impact activities
 - Signature of PE teacher/Coach/Parent _____
- Step 11—Day 5—Full contact practice-**See or contact provider and School Nurse once complete**
 - Normal practice and training techniques
 - If out of season, can do full-intensity workout
 - Signature of PE teacher/Coach/Parent _____

***If symptomatic during any step, stop activity, take a least a day off until asymptomatic and restart RTP at last successfully completed step.**

- Step 12—Patient has gone through the above steps, is asymptomatic and back to baseline. Patient is cleared for all school activity, sports, band and music. Any questions or concerns please contact the office to discuss further.

Provider Signature _____

Date: _____