

Concussion Treatment Plan

PLEASE READ CAREFULLY

2019-2020

A concussion is a kind of injury to the brain. It happens when the head receives a hard blow. The impact can jar or shake the brain against the skull. This interrupts the brain's normal activities. Although your child may have cuts or bruises on the head or face, s/he may have no other visible signs of a brain injury. In most cases, damage to the brain from a concussion can't be seen in tests such as a CT or MRI scan. For a few weeks your child may have low energy, dizziness, trouble sleeping, headache, ringing in the ears, or nausea. Your child may also feel anxious, grumpy, or depressed. S/he may have problems with memory and concentration. These symptoms are common after a concussion. They should slowly improve over time. Sometimes this takes weeks or even months.

Medical Recommendations, but not limited to:

1. Scheduled medications as instructed by Physician
2. During the recovery period, in the first few days after an injury, it is important that both physical and mental rest occur. Activities that require concentration and attention may exacerbate the symptoms and as a result, delay recovery. Too much physical activity can also re-aggravate what may seem to be improving symptoms. So while you still have symptoms, it is best to rest completely. This means:
 - Staying home from school, no homework or study and limiting any activity requiring concentration to very short time blocks (10-20 minutes).
 - Alternating half days as not to consistently miss a group of classes
 - Increased time to complete assignments and test
 - Additional learning resources, i.e. notes from teacher, tutoring
3. While recovering from a concussion, it is important to get plenty of rest, eat a well-balanced diet and stay well hydrated.
4. Limited electronic usage, including TV, Computer, Cell Phone (Texting)
5. Repeat SCAT5 and ImPACT testing with ATC
6. Follow-up with ATC for symptom check daily
7. Return to play protocol per the KHSAA/OHSAA

