

Student's Name \_\_\_\_\_

### **Concussion Management**

Diagnosing concussions quickly and accurately is critical to proper management. Susquehanna Township School District currently performs baseline neurocognitive testing on all contact sports, as well as sports deemed to be high risk. The Susquehanna township School District athletic team physician and Licensed Athletic trainers will evaluate all head injuries for the evidence of a concussion.

The Susquehanna Township Sports Medicine staff reserves the right to determine the return to play requirements for all athletes regardless of outside physician recommendations. The Susquehanna Township Sports Medicine Staff follow a step-wise return to play procedure (which is mandated by state under the Youth In Sports Safety Act). This procedure is followed for all athletes with concussions beginning with removal from play, appropriate treatment until symptom free, and eventual stepwise progression back to play.

### **POST-ACUTE CONCUSSION MANAGEMENT**

Criteria for return to play after a concussion/ brain injury/ head injury **(All steps must be completed)**

#### **Return-to-play (Step-Wise Progress)**

1. Written clearance from a licensed physician of medicine or osteopathic medicine (MD or DO) that is comfortable with current concussion management principles.
2. The athlete must be completely Asymptomatic (no symptoms at all)
3. The athlete must have completed a post-concussion test (On the test they must be at their baseline score or above)
4. **The athlete must have completed their supervised return to play protocol. Each step should take 24 hours. The steps must be completed without return of any concussion symptoms.** If at any time the symptoms reoccur, the returns to step (1). The athlete will begin step (2) again, after 24 hours has passed if the athlete continues to be asymptomatic.

Daily progression:

- 1) No activity- complete rest until all symptoms subside
- 2) Light Aerobic activity- less than 70% max heart rate
- 3) Sports Specific and Resistance Exercise- on head hitting activities
- 4) Non-Contact Drills- more complex than Step 3.
- 5) Full Contact Practice- **Must have clearance by licensed physician prior to starting this step.**
- 6) Return to Full Participation (may play in a game)

**I hereby certify that I have read this document and understand the content.**

Student's Signature \_\_\_\_\_ Date        /        /

Parent's/Guardian Signature \_\_\_\_\_ Date        /        /

