

Middleton School District

Concussion Management Plan *Summarized*

- 1) Mandatory Parent/Athlete Meeting or Information Sent out on Concussions
 - 2) Recommended Baseline Testing (C3 Logix)
 - 3) Concussion Training for Athletic Trainers and Coaches
 - 4) Removal from Play Strategy (Coaches & non-medical staff)*
 - 5) Removal from Play Strategy (Athletic Trainer)*
- *An athlete will not return to play the same day a Concussion is suspected!
 Monitor > Evaluate > Communicate > Rest
- 6) Return to Learn Strategy (Getting back to school full time)

Return-to-Learn Strategy			
Stage #	Stage	Activity	Objective
1	No activity	Complete cognitive rest – no school, no homework, no reading, no texting, no video games, no computer work.	Recovery
2	Gradual reintroduction of cognitive activity	Relax previous restrictions on activities and add back for short periods of time (5-15 minutes at a time).	Gradual controlled increase in subsymptom threshold cognitive activities.
3	Homework at home before school work at school	Homework in longer increments (20-30 minutes at a time).	Increase cognitive stamina by repetition of short periods of self-paced cognitive activity.
4	School re-entry	Part day of school after tolerating 1-2 cumulative hours of homework at home.	Re-entry into school with accommodations to permit controlled subsymptom threshold increase in cognitive load.
5	Gradual reintegration into school	Increase to full day of school.	Accommodations decrease as cognitive stamina improves.
6	Resumption of full cognitive workload	Introduce testing, catch up with essential work.	Full return to school.

7) Return to Sport Strategy (Returning to full sport participation)

Graduated Return-to-Sport Strategy			
Stage #	Aim	Activity	Goal of each step
Initial period of 24-48 hours of both relative physical & cognitive rest is recommended before beginning the Return to Sport Progression			
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
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2	Light aerobic exercise	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate
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3	Sport-specific exercise	Running or skating drills. No head impact activities	Add movement
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4	Non-contact training drills	Harder training drills, e.g., passing drills. May start progressive resistance training	Exercise, coordination and increased thinking
**If symptoms re-emerge with this level of exertion, then return to previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage.			
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
If symptoms re-emerge with this level of exertion, then return to previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage with physician clearance.			
6	Return to Sport	Normal game play	Fully back to sport