



LONGWOOD SPORTS MEDICINE



Concussion Management Information Sheet

As per the recommendation of the New York State Education Department, Longwood Central School District has adopted a Concussion Management Policy. All athletes that sustain a head injury, either in school or at home, will be required to see a Concussion Certified Specialist and complete a Return to Play (RTP) Protocol before they can participate in Physical Education class or Athletics.

If your child has sustained a head injury, the signs & symptoms that are present or could arise during the next 48 – 72 hours are:

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| <input type="checkbox"/> Headaches | <input type="checkbox"/> Sensitivity to noise |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Irritable |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Balance Problems | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Emotional |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Numbness/Tingling |
| <input type="checkbox"/> Trouble falling asleep | <input type="checkbox"/> slowed down |
| <input type="checkbox"/> Increased Sleep | <input type="checkbox"/> Mentally Foggy |
| <input type="checkbox"/> Decreased sleep | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Drowsiness | <input type="checkbox"/> Difficulty remembering |
| <input type="checkbox"/> Sensitivity to light | <input type="checkbox"/> visual changes |

****IF ANY OF THESE SIGNS AND SYMPTOMS WORSEN OR BECOME SEVERE, YOU WILL NEED TO TAKE YOUR CHILD TO THE EMERGENCY ROOM.**

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| Worsening headache | Decreased level of consciousness |
| Vomiting | Dilated/unequal pupils |
| Stumbling loss of balance | Increased confusion |
| Change in behavior/ abnormal irritability | weakness arms/legs |

Please **DO NOT** give your child Aspirin or NSAIDs (Advil, Aleve, Motrin) without consulting your doctor, Drive a car or ride a bike, or drink caffeinated beverages. **DO** Get plenty of rest; Limit your child's use of TV, radio, computer and phone (text/email), as well as their reading & studying.

If your child is stable, and has had any of these symptoms you will need to follow up with a Concussion Certified Doctor 48-72 hours after the initial injury. After a full neurological exam, these Doctors MAY have your child complete a computerized Neurocognitive exam (ImPACT).

Once diagnosed and symptom-free (the standard being about a week of rest), your child will be given a clearance note from the Doctor to participate in a Return to Play (RTP) protocol. The RTP protocol monitors the child's neurological status while participating in a progressive exercise program over a 3-6 day period. Upon successfully completing the RTP protocol, the child will need a 2nd clearance note before they can return to Physical Education class and Athletics without restrictions.