

Concussion Care Plan

Your child _____ suffered a concussion (mild traumatic brain injury) while participating in athletics.

Rest is the key to recovery. Your child should not participate in sports or physical education class if they are still having symptoms. Additionally it is important to limit any activities that involve a lot of thinking or concentration, as these can increase their symptoms.

RETURNING TO DAILY ACTIVITIES

1. Get enough rest. Get enough sleep- do not stay up late at night.
2. Take naps during the day or take a break when feeling tired or fatigued.
3. Limit physical activity and activities that require a great deal of concentration. These activities will increase symptoms.
 - o Physical activity includes athletics, physical education class, running, lifting weights, exercising, etc.
 - o Concentration activities include homework, class work, job related work, etc.
4. It is normal to feel frustrated and upset when not feeling right and not being able to be active during the recovery phase.

RETURNING TO SCHOOL

1. If your child is still having symptoms of concussion they may need extra help to complete school related activities.
2. Inform your child's school nurse, guidance counselor, and athletic director of their injury and current symptoms so appropriate accommodations may be made. School personnel will look out for:
 - o Problems paying attention
 - o Problems learning new information
 - o Assignments taking longer to complete
 - o More irritable than normal
 - o Symptoms increasing while doing school work

RETURNING TO SPORTS

1. **YOUR CHILD SHOULD NEVER RETURN TO PLAY IF THEY ARE HAVING ANY SYMPTOMS** (Make sure that your child does not have any symptoms both at rest and while doing physical activities)
2. Once going 24 hours without symptoms your child must be cleared to return to the "Gradual Return to Play Program" by an MD or a Doctor of Osteopathic Medicine.
3. **Athlete must be symptom free between each stage to move on to the next stage.**

Gradual Return to Play Progression

Day 1: Low level activity such as walking or riding a stationary bike

Day 2: Increased aerobic activity such as using a treadmill or elliptical

Day 3: Begin non contact sport specific drills

Day 4: Full contact in a practice setting

If after day 4 the athlete is symptom free they may return to full participation status.

Any questions contact the School Nurse 661-8211 or you family physician.