

Concussion Information

Return to Sports/Physical Activity after Concussion - GENERAL GUIDELINES

A concussion is a brain injury. If you return to play before your brain is recovered you risk worsening the injury, prolonging the injury, causing permanent damage, or potentially instigating a fatal injury. Please follow the guidelines discussed with your doctor and if you have any questions please call the clinic for advice.

Please use general principles of getting a good amount of rest, plenty of water, and good nutrition.

When you are symptom free for at least 24 hours and you have been given clearance to exercise by your doctor or athletic trainer, a gradual return to play is important. A return to play progression is the accepted medical care for returning to participation and it is used to be sure that the athlete is healthy enough to return to their activity. If you develop symptoms during or after exercise, you must stop exercising immediately, rest, and contact your doctor or athletic trainer for instructions. This means that your body is not healed. You should not try to exercise again for 24 hours. You may only move on to the next level of activity if you do not have any symptoms during or after completing the previous level.

Return to Play Progression

Day 1: Stationary bike, walk or slow jog for 15 to 20 minutes only.

Day 2: Increase biking, walking, or jogging to 30 minutes.

Day 3: May practice with your team without equipment on and may not do any drills that involve contact with other players.

Day 4: May practice with your team with equipment on and full drills or contact.

Day 5: May return to competition.

****If the physician has cleared the athlete with no restrictions, but there is no return to play guidelines in their note, the athlete will follow the return to play protocol above.**

Some excellent educational resources on the Internet about concussions:

CDC, Injury Prevention & Control: Traumatic Brain Injury, Concussion in Sports:

<http://www.cdc.gov/headsup/index.html>

The Wisconsin Interscholastic Athletic Association: <http://www.wiaawi.org/Health/Concussions.aspx>

The Wisconsin Department of Public Instruction: http://sped.dpi.wi.gov/sped_tbi-conc-guidelines

Consensus Statement on Concussion in Sport:

http://www.wiaawi.org/Portals/0/PDF/Health/zurich_paper4.pdf

ImPACT Testing

<https://www.impacttest.com/about/?Overview-1>

ImPACT is a computer based test that can be used as part of the concussion evaluation process. Ideally a baseline test is performed when the player is healthy. After the athlete is injured, the test can be utilized to help determine if the athlete is ready to participate by comparing the baseline scores with the post-injury scores. The ImPACT test measures a symptom score, verbal and visual memory, processing speed, and reaction time. It is important to note that the ImPACT test does not in any way prevent concussions and is not the primary or the only tool for assessing concussions. It is one of many tools that can be used in conjunction with other methods to help identify whether an athlete is healthy enough to return to activity after a concussion, an injury with complex and often subtle signs and symptoms. This test is not required for the athlete to return to participation and many physicians are not trained in the use of this tool and do not have access to this information. All of the major medical groups in the area have at least one sports medicine physician who is trained in the utilization of this tool.

****Baseline ImPACT testing is offered through DeForest High School at no additional cost to the athlete or family. Please see Scott Cole, Certified Athletic Trainer, for any additional information.**