

## CONCUSSION MANAGEMENT

What is a concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious.

A concussion cannot be seen on a CT scan or on an MRI.

A concussion does not require a loss of consciousness. If an athlete sustains a jolt to the head or body and then experiences signs or symptoms, a concussion has occurred.

Signs and symptoms can be evident in four areas: Physical, Cognitive/Thinking, Emotions/Mood and Energy/Sleep.

Symptoms:

Physical		Cognitive	
Headache	Nausea	Feel in a "fog"	
Blurred Vision	Vomiting	Feel "slowed down"	
Dizziness	Numbness/Tingling	Difficulty remembering	
Poor Balance	Sensitivity to Light	Difficulty concentrating/easily distracted	
Ringing in Ears	Sensitivity to Noise	Slowed speech	
Seeing "stars"	Disorientation	Easily confused	
Vacant Stare/Glassy eyed	Neck Pain		
Emotional		Sleep/Energy	
Inappropriate emotions	Irritability	Fatigue	Drowsiness
Personality changes	Sadness	Excess sleep	
Nervousness/Anxiety	Lack of motivation	Trouble falling asleep	
Feeling more "emotional"		Sleeping less than usual	

Return to Play:

**Colorado Concussion Law SB 11-040** states that an athlete removed from play for signs and symptoms not readily explained by a condition other than concussion cannot return to play until receiving written clearance from a:

- ✓ Doctor of Medicine
- ✓ Doctor of Osteopathic Medicine
- ✓ Licensed Nurse Practitioner
- ✓ Licensed Physician Assistant
- ✓ Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation/management

A doctor with chiropractic training may only clear an athlete who is part of the US Olympic Training Program.

After a concussed athlete has been evaluated and received clearance to return to play from one of the approved health care providers, a registered athletic trainer with specific knowledge of the athlete's condition may manage the athlete's graduated return to play.

### Douglas County School District Return to Play Protocol:

1. Symptom Limited Activity
  - a. Activity: Daily activities that do not provoke symptoms
  - b. Goal: Gradual reintroduction of work/school activities
2. Light Aerobic Exercise
  - a. Activity: Walking or stationary cycling at slow to medium pace. No resistance training
  - b. Goal: Increase heart rate
3. Sports Specific Exercise
  - a. Activity: Running or skating drills. No head impact activities
  - b. Goal: Add movement
4. Non-Contact Training Drills
  - a. Activity: Harder training drills, eg. Passing drills. May start progressive resistance training
  - b. Goal: Exercise, coordination and increased thinking
5. Full Contact Practice
  - a. Activity: Following medical clearance, participate in normal training activities
  - b. Goal: Restore confidence and assess functional skills by coaching staff
6. Full Return to Play
  - a. Activity: Normal game play
  - b. Goal: Completion of protocol