

# CONCUSSION MANAGEMENT



## Guidelines for Recreational, Amateur, Elite & Professional Players of ALL AGES

You **DO NOT** have to lose consciousness to have a concussion. Symptoms are often subtle.

**NEVER** return to play while symptomatic. Follow the step-wise system on the back of this card for return to play.

Wear **PROPER** protective equipment.

**WHEN IN DOUBT SIT THEM OUT!**

## CONCUSSION IS A BRAIN INJURY

A concussion may be caused by a direct blow to the head, face, neck or anywhere else on the body that causes a severe and sudden movement to the head.

A concussion alters the way your brain functions and can cause significant impairment.

Concussions can cause various symptoms.

**Symptoms may include:**

- Confusion
- Headache
- Dizziness
- Nausea
- Loss of Balance
- Double Vision
- Ringing in the Ears
- Slurred Speech
- Emotional or Personality Changes
- Feeling Stunned or Dazed
- Loss of Consciousness

**ANYONE DISPLAYING SYMPTOMS OF A CONCUSSION SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY**



# CONCUSSION MANAGEMENT



## MANAGEMENT & REHABILITATION

An athlete should never return to play while symptomatic

***When in Doubt, Sit Them Out!***

When a player shows **ANY SYMPTOMS** or **SIGNS** of concussion:

- 1** The player **should not** be allowed to return to play in the current game or practice.
- 2** The player **should not** be left alone; regular monitoring for deterioration is essential.
- 3** The player **should** be medically evaluated following the injury.
- 4** Return to play **must** follow a medically supervised step-wise process.

## WHEN TO RETURN TO PLAY

- |               |  |               |   |
|---------------|--|---------------|---|
| <b>STEP 1</b> | Rest until asymptomatic (physical and mental rest).                            | <b>STEP 2</b> | Light aerobic exercise such as walking or stationary cycling. |
| <b>STEP 3</b> | Sport-specific training (e.g. skating in hockey, running in soccer, football). | <b>STEP 4</b> | Non-contact training drills. Start light resistance training. |
| <b>STEP 5</b> | Full-contact training after medical clearance.                                 | <b>STEP 6</b> | Game Play (return to competition).                            |

*It is generally recommended that there should be at least one day between steps, and that any return of symptoms means the player should not go to the next step.*



*With thanks to Dr. Charles Tator and Dr. Brian Hunt.*