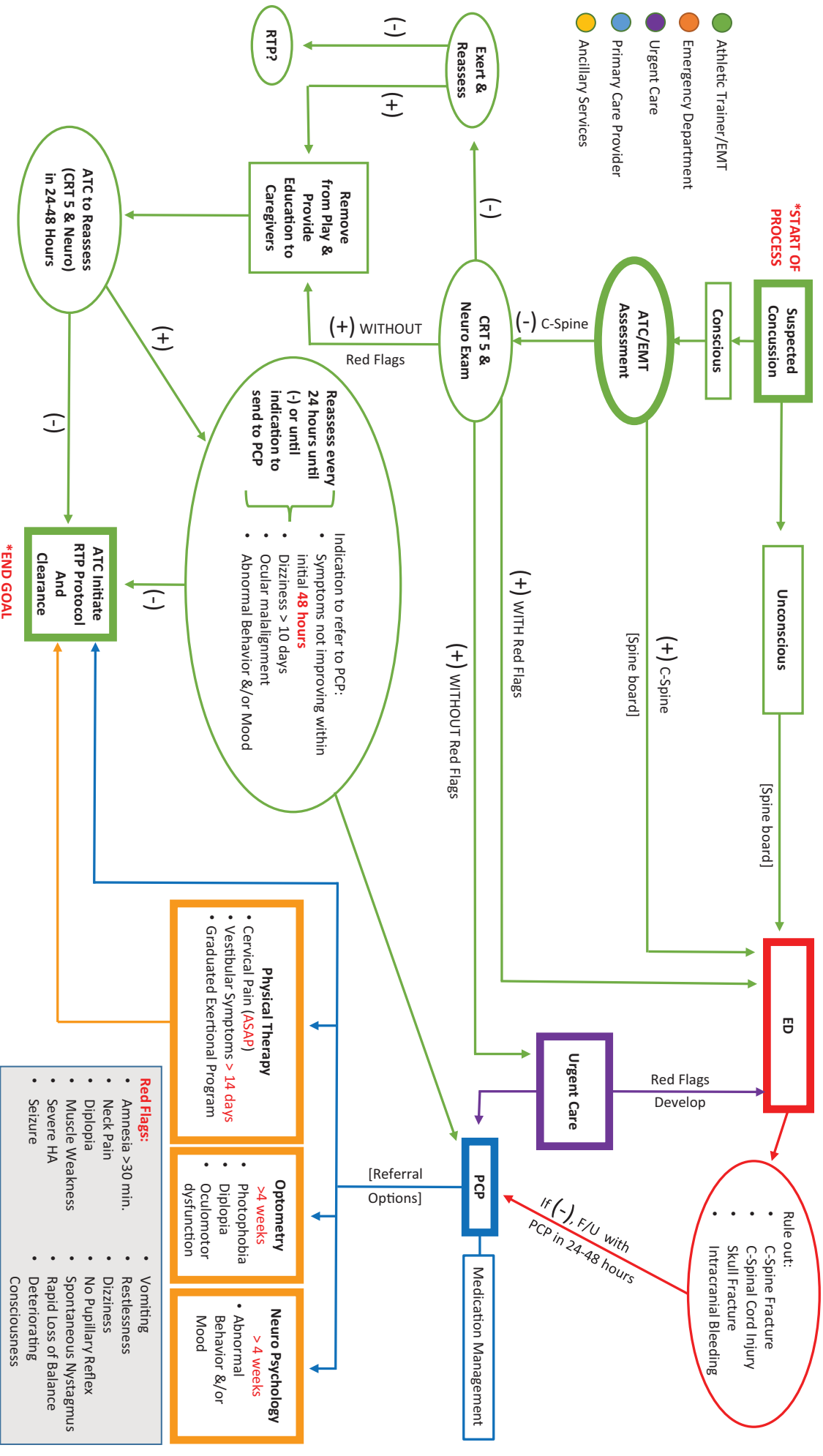


CONCUSSION MANAGEMENT



- Athletic Trainer/EMT
- Emergency Department
- Urgent Care
- Primary Care Provider
- Ancillary Services

CONCUSSION MANAGEMENT



RETURN TO PLAY (RTP) CLEARANCE

1. Symptom Resolution
2. Normal Neuro Exam
3. Neurocognitive Test at Baseline
4. Graduated a RTP Protocol

RETURN TO PLAY (RTP)

STAGE	AIM	ACTIVITY	GOAL
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual reintroduction of work/school activities
2	Light aerobic activity	Walking or stationary cycling at slow to medium pace No resistance training	Increase HR
3	Sport-specific activity	Running or skating drills No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills May start progressive resistance training	Exercise, coordination and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to sport	Normal game play	

RETURN TO LEARN (RTL)

STAGE	AIM	ACTIVITY	GOAL
1	Daily activities at home that do not give the child symptoms	Typical activities of the child during the day as long as they do not increase symptoms (eg, reading, texting, screen time) Start with 5-15 minutes at a time and gradually build up	Gradual return to typical activities
2	School activities	Homework, reading or other cognitive activities outside of the classroom	Increase tolerance to cognitive work
3	Return to school part-time	Gradual introduction of schoolwork May need to start with a partial school day or with increased breaks during the day	Increased academic activities
4	Return to school full-time	Gradually progress school activities until a full day can be tolerated	Return to full academic activities and catch up on missed work