BEST PRACTICES



Concussion Management Model for Schools and Teams

STEP 1

Preseason Baseline Testing & Education

Educate Athletes, Parents, Coaches, Teachers on Concussions

Take an ImPACT Training Webinar or Workshop to Learn About Baseline Test Administration

Have a Concussion Management Protocol On-Hand and Have Your Team of Key Professionals (Listed Below) Ready to Treat Athlete; Roles/ Duties Should Be Established for: - ATC - Concussion Specialist

(MD/DO/PhD)
- Rehabilitation

Have Parents Sign High School Permission Slip

Schedule Supervised Baselines in School's Computer Lab

Test Administrator Confirms All Baselines Are Valid, (If Invalid, Retest Athlete)

STEP 2

Concussion is Suspected

Sideline Assessment

If Concussion Is Suspected – Immediate Removal from Play/ Activity

ATC Sets Up Referral for Concussion Specialist (MD/DO/PhD)

Vestibular Screening

At the Discretion of Trained Medical Personnel... Optional Brain Imaging If Needed

STEP 3

Post-Injury Testing & Treatment Plan

Athlete to Take Supervised Post-Injury Test 24-72 Hours After Injury

ATC Continues to Coordinate Concussion Specialist (MD/DO/PhD) Ongoing Care

Team Coordinates Care Between Athlete, Parent, MD/DO/PhD, ATC, Teachers, and Coaches

Does the Athlete Need Additional and More Extensive Neuropsychological Testing? If So, Refer to Neuropsychologist

Does the Athlete Need Vestibular/Physical Therapy? If So, Refer to Physical Therapist

STEP 4

Is Athlete Ready for Non-Contact Activity

CRITERIA:

- A. Symptom Free @ Rest & With Cognitive Exertion
- **B.** Post-Injury Test: Within Normal Range of Baseline
- C. Normal Vestibular Evaluation

If A, B, C Are Not Met, Return to Step 3

If A, B, C Are Met, Obtain Written Clearance for Progression to Activity By Supervising Doctor (Non-ER Doctor)

Stepwise Return-to-Play Progression Beginning with Light Non-Contact Activity Progressing to Full Non-Contact Exertion

STEP 5

Determining Safe Return-to-Play

Return-to-Play Decisions Should Always Be Made by a Concussion Specialist (MD/DO/PhD)

No Recurring Symptoms at Rest or Following Physical or Cognitive Exertion

ImPACT Test Scores Back to Baseline

Athlete's Final ImPACT Score Is Set As Their New Baseline

In accordance with the American College of Sports Medicine Guidelines:

http://www.acsm.org/AM/Template.cfm?Section=ACSM_News_Releases&CONTENTID=12895&T EMPLATE=/CM/ContentDisplay.cfm

ACSM's Team Physicians Consensus Statement on Concussion:

http://www.acsm.org/AM/Template.cfm/Section=Home_Page&SECTION=Annual_ Meeting&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=12896

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