

Concussion Card for MMS Brochure

The evaluation of an athlete with a suspected concussion should be prompt and thorough. Treatment is individualized according to the player's age, concussion history, symptoms, signs, and type of sport. **ALL CONCUSSED ATHLETES SHOULD BE CLEARED FOR RETURN TO PLAY BY A SPORTS MEDICINE PROFESSIONAL.**

Based on the Summary and Agreement Statement of the First International Conference on Concussion in Sport, Vienna 2001 (www.bjsportmed.com <www.bjsportmed.com>)

Also see www.cdc.gov/concussioninyouthsports/ and www.cdc.gov/ncipa/tbi/

Concussion in Sports Group (CIGS) Protocol

Acute response: When a player shows ANY symptoms or signs of a concussion,

- the player should not be allowed to return to play in the current game or practice
- the player should not be left alone; and regular monitoring for deterioration is essential
- the player should be medically evaluated after the injury
- the player must follow a medically supervised stepwise process to return to play
- the player should never return to play when still symptomatic
- **WHEN IN DOUBT, SIT THEM OUT!**

Player's Signs and Symptoms seen by Coach

- Appears to be confused, dazed, or stunned
- Is confused about assignment
- Is not sure of game, score, or opponent
- Forgets plays
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even for a very short time)
- Forgets events prior to head trauma
- Shows unusual changes in behavior

Signs and Symptoms reported by Athlete

- Headache or "pressure" in head
- Throwing up or feeling the need to throw up
- Dizziness and loss of balance
- Blurred, fuzzy, or double vision
- Flashing lights
- Ringing in one or both ears
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Unable to sleep
- Unable to study
- Unable to concentrate

These signs and symptoms can worsen under exercise

Return to Play Program

- Return to play after a concussion follows a stepwise program:
- Proceed to the next level if free of symptoms at the current level
- If any signs or symptoms occur, drop back to the previous level, and
- progress to next level again after 24 hours.
 1. No activity, complete rest
 2. Light aerobic activity, exercise such as walking or stationary cycling
 3. Sports specific training - skating
 4. Non-contact training drills
 5. Full-contact training after clearance by a sports medicine professional
 6. Return to competition

The information is intended to serve as a general resource and guide. It is not to be construed as medical advice or legal opinion. Trained medical personnel should be consulted for the application of any medical guidelines in specific situations. The ultimate judgment regarding any specific recommendation, procedure, or medical treatment must be made in light of the individual situation and present circumstances.

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