



ELMWOOD PARK

HIGH SCHOOL

Elmwood Park High School

Concussion Management Program



CONCUSSION 101

WITH MORE ATTENTION BEING PAID TO CONCUSSIONS, they're no longer being thought of as simple "bumps on the head" or "bell-ringers." Help keep young athletes protected by better understanding the symptoms, treatment and prevention of concussions.

- A concussion is defined as a "trauma-induced alteration in mental status that may or may not involve loss of consciousness."
- This can be caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth.
- Concussion signs and symptoms can appear immediately or not be noticed until days or even weeks after the injury.

HAVE A CONCUSSION – NOW WHAT?

- **Report symptoms:** Tell a coach, parent or athletic trainer if you suspect an athlete has a concussion.
- **Get checked out:** Only a health care professional experienced with concussion management can tell if a concussion has occurred and when it is OK to return to play.
- **Get plenty of rest:** Immediately after the concussion is sustained, rest is recommended. This includes keeping a regular sleep routine and avoiding activities that require a lot of concentration.
- **Give time to recover:** It's important to allot time to heal. Another concussion sustained while the brain is healing can result in long-term problems or even death in rare cases.
- **Take it slow at first:** After the physician or athletic trainer gives the OK to return to activity, an athlete shouldn't jump in all at once. The athletic trainer will work with the athlete to develop a safe plan for progressively returning to play.
- **Address concerns:** If there are concerns, don't hesitate to bring them up with a health care provider (athletic trainer, physician, etc.).

Sources: NATA, Sanford Orthopedic Sports Medicine, Center for Disease Control and Prevention, Heads Up Concussion, Fifth Annual Youth Sports Safety Summit

When your child is beginning to tolerate 30 to 45 minutes of light mental activity, you can consider returning them to school.

Studies suggest that students who return to school as soon as they are cognitively able do better than students who were homebound for a prolonged period of time.

TRANSITION BACK TO SCHOOL

As your child transitions back to school communication will be vital between student, student's parent(s)/guardian(s), student's teachers, school nurse, psychologist/counselor, athletic trainer, team physician, and administrator keeping in mind some of the accommodations they have available to them:

- postponement of assignments and assessments (must communicate with teachers ahead of time)
- half day transitions
- breaks as needed in quiet room (Nurses office)
- temporary removal from band, choir, and a quiet place to eat lunch
- no PE until medical clearance

Questions??? Feel free to contact

Yatin M. Brahmhatt, MAT, ATC, LAT

Science Department
Athletic Trainer

8201 W. FULLERTON AVE.
ELMWOOD PARK, IL 60707
WWW.EPCUSD401.ORG

brahmhatt@epcusd401.org
Voicemail: (708) 583-6477
Fax: (708) 452-0451

Elmwood Park High School

Concussion Management Program

ImPACT Baseline

- All contact sport athletes tested prior to season

ImPACT Post-Injury

- Athlete will be tested after being 24 hours symptom free
- Scores compared to athlete's baseline score or normative data if baseline not available
- If athlete's first post-injury ImPACT exam is not within at least 85% of athlete's baseline, a period of at least 3 days must have passed for the next post-injury ImPACT exam to be administered
- ImPACT tests will be administered every 3-5 days thereafter or as agreed upon by the medical team, until score is within at least 85% of athlete's baseline score or equivalent normative score if baseline not available.
- This report in conjunction with the medical team assessment will determine athlete's progression to the graduated return-to-play program.

Graduated Return-to-Play Program

- Designed to gradually acclimatize athlete back to rigorous physical activity and contact activities
 1. Light aerobic exercise to increase heart rate and blood pressure in brain
 2. Moderate to heavy aerobic exercise
 3. Sport specific training drills in full uniform with non contact activities
 4. Full contact participation in practice
 5. If no symptoms return in step 4, and ImPACT scores have returned to normal, athlete will be cleared to resume play with no restrictions
- Each step should take 24 hours
- If concussion symptoms re-occur during any of the steps, physical activity should be discontinued until once again symptom free for 24 hours, and then return to previous attempted level of exercise, and continue to graduate along the protocol.

The concussion program, its rate of progression and final clearance is at the discretion of and determined by the team physician

Elmwood Park High School

Return-to-Learn Program

Return-to-learn program is designed to help facilitate the concussed student's return back to classroom activities.

The hallmark of return-to-learn is cognitive rest immediately following a concussion, just as the hallmark of return-to-play is physical rest.

Cognitive rest means avoiding potential cognitive stressors such as school work, video games, reading, texting, and watching television.

Providing both cognitive and physical rest allows the brain to heal more quickly. The gradual return to cognitive activity is based on the return of concussion symptoms following cognitive exposure.

STAY HOME - BED REST

If your child's symptoms are so severe that they cannot concentrate for even 10 minutes, they should be kept home on total bed rest- no texting, no driving, no reading, no video games, no homework, limited TV.

Maximum Rest = Maximum Recovery

STAY HOME – LIGHT ACTIVITY

If your child's symptoms are improving but they can still only concentrate for up to 20 minutes, they should be kept home- but may not need total bed rest. Your child can start light mental activity (e.g. watching TV, light reading), as long as the symptoms do not worsen. If they do, cut back the activity and build in more rest.

NO physical activity allowed

HOW TO REMAIN SAFE ON THE FIELD

- Make sure all helmets and safety equipment are sport specific, properly fitted and refurbished according to industry standards.
- Follow sports safety rules and use proper techniques.
- Practice good sportsmanship.



Illustration by: Thinkstock/ bakhtiar_zein
Infographic courtesy of the National Athletic Trainers' Association