# **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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