

CONCUSSION MANAGEMENT PROGRAM INFORMATION

What are the signs and symptoms?

You can't see a concussion. Signs & symptoms of concussion can show up right after the injury or can take days or weeks to appear. If your son/daughter reports any symptoms of concussion, or if you notice symptoms yourself, seek medical attention right away.

Signs Observed by Parents	Symptoms Reported by Athlete
Convulsions	Severe or increasing headache
Inability to arouse or awaken	Nausea
Can't recognize people or places	Numbness or lack of control of arms/legs
Pupils of unequal size	Sensitivity to light or noise
Slurred speech	Blurred or double vision
Loses consciousness	Neck pain
Increased confusion or irritability	Confusion
Can't recall prior events	
Unusual behavioral change	
Repeated vomiting	

Return to Play Guidelines

The decision to return to competition should not be solely dependent on athlete reported symptoms because the athlete also has a conflict of interest. The athlete's desire to return to activity may overrule common sense and health concerns. Return-to-play (RTP) decisions are based on the concussions severity, length, and the athlete's history of prior head injuries. Research demonstrates that athletes underreport their conditions due to a desire to return to competition. While the athlete reporting symptoms plays a role, input from neurocognitive testing, parents, teachers, coaches, friends, a certified athletic trainer, and a physician should guide any such decision.

Cincinnati Public Schools has developed and adopted policy & procedures based upon guidelines and recommendations set forth by the American Medical Association, American College of Sports Medicine, American Academy of Neurology, and the National Athletic Trainers' Association and the Ohio High School Athletic Association.

Usually concussed athletes start to recover rapidly once the feelings of fogginess and feeling slowed down disappear. When they have no headaches or other concussion symptoms, athletes can begin the concussion graduated RTP exercise program under the care of a certified athletic trainer, physician, or other medical personnel that was recommended at the Prague Concussion Conference. NFHS rules and OHSA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. If two treating medical professionals are in conflict regarding return to play, athlete may not begin graduated protocol until two treating medical professionals are in agreement to begin the RTP treatment program.

This includes:

- Day 1: Walking for 20-30 minutes at a rate of 2 ½ mph.
 - Day 2: Moderate, non-contact drills, aerobic activity for at least 20 minutes, ie, push-ups/sit-ups, introduce agility drills working towards max capacity
 - Day 3: Heavy, non-contact drills, agility drills to maximize aerobic activity
 - Day 4: Perform sports specific drills and full contract drills in controlled environment
 - Day 5: Returning to contact sports only if symptom free at rest and with exertion.
- It is important to remember that if headaches or other symptoms occur during any step, the activity needs to be stopped. The athlete should then wait 24 hours and start at the previous level, which did not produce any symptoms.