



ATI GUIDELINES FOR CONCUSSION MANAGEMENT

ATI has implemented the following guidelines for management of concussions as adopted by the National Federation of High School Sports.

If an athlete exhibits any signs, symptoms, or behaviors consistent with a concussion, the athlete shall immediately be removed from all physical activity, including sports and recreation. Continued participation in physical activity post-concussion can lead to increased concussion symptoms, an increased risk for further injury, and even death.

Follow the “Heads Up” 4-step Action Plan if you suspect a player has a concussion.

STEP 1: Immediately remove the athlete from play.

STEP 2: Ensure that the athlete is evaluated by an appropriate health-care professional as soon as practical.

STEP 3: Inform and educate the athlete’s parents or guardians about the possible concussion and provide them information on concussion management.

STEP 4: Keep the athlete out of play the day of the injury until they are symptom free and an appropriate health-care professional has determined the athlete is healthy enough to return to activity.

After suffering a concussion, **no athlete should return to play or practice on the day of injury**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown that the young brain does not recover quickly enough for an athlete to return to activity in such short time.

Once an athlete no longer exhibits signs, symptoms, or behaviors of a concussion **and has been cleared to return to activity by a health-care professional (qualifications of a health-care professional vary by state so be sure to follow your state guidelines)**, he or she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule **may** proceed as below **following medical clearance**:

Progressive Rehabilitation Protocol

The 5th International Conference on Concussion in Sport (Berlin 2016)

- Step 1 post clearance:** No activity.
Complete physical and cognitive rest
- Step 2 post clearance:** Light aerobic exercise.
Walking, swimming or stationary cycling keeping intensity <70% MPHR.
No resistance training. Increase HR
- Step 3 post clearance:** Sport-specific exercise
Skating drills in ice hockey, running drills in soccer.
No head impact activities. Add movement
- Step 4 post clearance:** Non-contact training drills and heavy general conditioning
Progression to more complex training drills (e.g. passing drills in football and ice hockey). May start progressive resistance training).
Exercise, coordination, cognitive load
- Step 5 post clearance:** Full contact practice
Following medical clearance, participate in normal training activities Restore confidence, assessment of functional skills by coaching staff
- Step 6 post clearance:** Return to play