

CONCUSSION MANAGEMENT



MANAGEMENT & REHABILITATION

An athlete should never return to play while symptomatic

When in Doubt, Sit Them Out!

When a player shows **ANY SYMPTOMS** or **SIGNS** of concussion:

- 1** The player **should not** be allowed to return to play in the current game or practice.
- 2** The player **should not** be left alone: regular monitoring for deterioration is essential.
- 3** The player **should** be medically evaluated following the injury.
- 4** Return to play **must** follow a medically supervised step-wise process.

WHEN TO RETURN TO PLAY

- STEP 1** Rest until asymptomatic (physical and mental rest).
- STEP 2** Light aerobic exercise such as walking or stationary cycling.
- STEP 3** Sport-specific training (e.g. skating in hockey, running in soccer, football).
- STEP 4** Non-contact training drills
Start light resistance training.
- STEP 5** Full-contact training after medical clearance.
- STEP 6** Game Play (return to competition).

It is generally recommended that there should be at least one day between steps, and that any return of symptoms means the player should not go to the next step.

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CANADA

thinkfirst.ca



www.bclions.com



www.playfootball.bc.ca



www.bcjuniorfootball.ca

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