



Returning to Daily Activities after Concussion

1. Get lots of rest. Be sure to get enough sleep at night- no late nights. Keep the same bedtime weekdays and weekends. We recommend 8-9 hours / night.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. **Limit** physical activity as well as activities that require a lot of thinking or concentration (video games, texting, computer use, TV, reading) these activities can make symptoms worse. If symptoms worsen, stop and reduce that activity.
 - Physical activity includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
 - Thinking and concentration activities (e.g., homework, class work load, job-related activity).
4. Drink lots of fluids and eat breakfast, lunch and dinner.
5. As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, and then try again to increase your activities gradually.
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. The athletic trainer will manage a return to play protocol that will progress the athlete back to athletic activity in a safe manner. **Please report to the athletic trainer on a daily basis for assessments.**

Returning to School after Concussion

1. If you are still having symptoms of concussion, you may need extra help to perform school-related activities. As your symptoms decrease during recovery, the extra help or supports can be removed gradually.
2. Inform the teacher(s), school nurse, school psychologist or counselor, and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:
 - Increased problems paying attention or concentrating
 - Increased problems remembering or learning new information
 - Longer time needed to complete tasks or assignments
 - Greater irritability, less able to cope with stress
 - Symptoms worsen (e.g., headache, tiredness) when doing schoolwork
3. The athletic trainer will notify the administration and school nurse. If your symptoms worsen after return to school, you should report to the school nurse.
This form is part of the "Heads Up: Brain Injury in Your Practice" tool kit developed by the Centers for Disease Control and Prevention (CDC).

Return to Play: Step Progression

1. No athlete may begin the return to play protocol until they have been evaluated by a health care provider and received written medical authorization to return to play and until the athlete's parent or guardian has provided written authorization permitting the athlete to return to play. **Please provide this documentation to the athletic trainer.**
2. No athlete may return to a sport until they have completed the RTP protocol and have been cleared by the athletic trainer. An additional ImPact test may be requested after step 2, 3 or 4.
 - 1 Conditioning – moderate intensity 15' on a stationary bike only
 - 2 Once the above criteria are met, the athlete will be progressed back to full activity following a stepwise process, (as recommended by both the Zurich and NATA Statements) under the supervision of the Athletic Trainer.
 - a. Progression is individualized and will be determined on a case by case basis.

- b. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age of the athlete, and sport/activity in which the athlete participates.
 - c. An athlete with a prior history of concussion, one who has had severe or prolonged symptoms should be progressed more slowly. In athletes with previous concussions, slower progression (e.g. 48 hours between stages) may be appropriate.
- 3 Light running for 10-15 minutes, no sprinting or conditioning
 - 4 Non sport specific low intensity agility drills, light conditioning no more than 10 minutes.
 - 5 Sport specific non-contact drills, short sprint work and conditioning.
 - 6 Full practice after clearing post injury ImPact Test.
 - 7 Cleared * Clearance may not mean starting with a game.
- *Collision sports have one additional step between steps 4 and 5.

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Adopted: November 8, 2012