

SPX Sports Medicine Head Injury Instructions

Parents of a student athlete who sustains a head injury will follow the instructions listed below:

- This sheet should be read in its entirety by the parents of the athlete who will be taking care of you for the next 24 hours
- Do NOT take aspirin, ibuprofen, or other pain medications, unless instructed by the Certified Athletic Trainer or a MD.
- Once the athlete is home it is suggested to let them rest. Once asleep do not wake them, but check on them throughout the night. Make sure they are in a dark room, no television, no cellphone, or computers. It is important to let the brain rest!
- Common signs and symptoms that may be reported by the athlete include:
 - Headache
 - Dizziness
 - Sensitivity to light/noise
 - Sleeps less or more than usual
 - Trouble falling asleep
 - Difficulty remembering
 - Nervous
 - Slight Balance Problems
 - Fatigue
 - Drowsy
 - Emotional
 - Difficulty thinking
 - Feeling sluggish
 - Feeling foggy
 - Blurred Vision
 - Does not "feel right"
 - Irritable
 - Difficulty concentrating
 - Sad
 - Feeling groggy
- The following symptoms listed below are **emergent**. If these signs and symptoms occur transport the athlete to the ER immediately.
 - Persistent intense headache
 - Nausea/ Vomiting
 - Double vision
 - Confusion
 - One pupil larger than the other
 - Difficulty breathing
 - Headache that gets worse and does not go away
 - Lack of coordination, difficulty walking
 - Convulsions/Seizures
 - Unconsciousness/ Unresponsive
 - Slurred speech
 - Ringing in the ears
- The next morning if the athlete continues to experience the common symptoms of a concussion allow them to stay home. You must notify the attendance office and Coach Schmitt at St. Pius so that necessary academic accommodations are made.
- If the athlete wakes up and is able to come to school, he/she must stop by Coach Schmitt's office first thing in the morning.
- The athlete will return to full athletic participation after passing the return to play protocol. Please see page 2 for the return to play protocol that will be implemented by the Certified Athletic Trainer.
- If you have any further questions you may contact Schmitt (770-823-3403) or Olydia (770-873-7996)

ST. PIUS X CATHOLIC HIGH SCHOOL

Return to Play Protocol Concussions

No athlete should return to contact competitive sports until they are symptom free, both at rest and with exercise, have normal neuro-cognitive testing.

Usually concussed athletes will start to recover rapidly once the feelings of foginess and being slowed down disappear. Students may literally wake up one morning and say, "Wow, I'm back to normal!" **Once they have no headaches or other concussion symptoms and have passed the IMPACT test, athletes can begin a concussion graduated return-to-play exercise program.**

Day 1: Walking or biking for 20-30 minutes at a mild to moderate pace.

Day 2: Jogging for 20-30 minutes - May also do light weight lifting. Body Weight Circuit: Squats, Push-Ups, Sit-Ups

Day 3: Running for 20-30 minutes - ok to do sprints, running drills, and moderate weight lifting.

Day 4: Performing sports specific practice drills - may wear equipment, but avoid contact drills.

Day 5: **Return to contact sports** if passed through all phases with **NO** symptoms of concussion being present during entire protocol.

This protocol should only be started **AFTER** you have been cleared by your Athletic Trainer or physician.

If headaches or ANY 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 where no symptoms were present.

Athletes will be allowed to attend athletic events when they are symptom free, off academic restrictions and have completed the five day Return to Play Protocol.

If there are questions, please contact Gary Schmitt, MA, ATC at 770-823-3403.