



Athlete Name: _____
Grade _____ Age _____
Date: _____ Sport: _____

Parent Concussion Form

Your son/daughter sustained a concussion and to make sure that he/she recovers properly, please follow the following important recommendations:

Red Flags!!! Call your doctor or go to your local emergency department if you suddenly experience any of the following:			
Headaches that <u>worsen</u>	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred Speech	Weakness or numbness	Loss of consciousness

Rest is the key to recovery! You should not participate in any high risk activities (e.g., sports, PE, bike riding, etc.) if you have any of the symptoms listed. It is also important to limit activities that require a lot of thinking or concentration, as these can also make your symptoms worse. If you no longer have any symptoms and believe that your concentration and thinking are back to normal, you can slowly and carefully return to your daily activities. Children and teenagers will need help from their parents, coaches, athletic trainers, and teachers to help monitor their recovery and return to activities.

During recovery, the following symptoms may be present:				
Physical		Cognitive/Thinking	Emotional	Sleep
Headaches	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems Concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling slowed down	Nervousness	Trouble falling asleep
Balance problems	Dizziness			

It is OK to:	There is NO need to:	Do NOT:
Use acetaminophen (Tylenol) For headaches	Check eyes with flashlight	Take other medications
Use Ice pack on head and neck as needed for comfort	Wake up every hour	Consume large amounts of caffeine or sugar
Eat a light diet and drink plenty of water	Test reflexes	
Return to school	Stay in bed	
Go to sleep		
Rest (no strenuous activity)		

Please remind your son/daughter to report to the athletic training room on the next day that they are at school or practice for a follow-up evaluation. **This must be done prior to returning to play.**

Other recommendations:

Please feel free to contact me if you have any questions. I can be reached at _____

Signature: _____ Date: _____

Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night. Keep a consistent sleep schedule, weekdays and weekends.
2. Take 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. These activities can make symptoms worse.
 - Physical activity includes PE, sports practices, weight training, running, exercising, heavy lifting etc.
 - Thinking and concentration activities such as homework, class work load, job-related activity, etc.
4. Drink lots of clear fluids and eat properly to maintain appropriate blood sugar levels. Carbohydrates and protein are both important. Proper hydration also aides in recovery.
5. As symptoms decrease, you may begin to gradually return to daily activities. If symptoms worsen or return, lessen your activities and wait 24 hours before gradually increasing again.

Returning to School

1. If you (or your child) are still having symptoms of concussion, you may need extra help in performing school-related activities. As the symptoms decrease, the extra help and support can be gradually removed as well.
2. Inform teachers, nurse(s), and other school personnel about the concussion. They 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. headaches, tiredness) while doing school work

Returning to Sports

You should NEVER return to play if you still have ANY symptoms – Be sure that you do not have any symptoms at rest and while doing any physical activity and/or thinking.

- Returning to play should occur in gradual steps beginning with aerobic exercise only to increase your heart rate (stationary bicycle); moving to increasing your heart rate with movement (running); then adding controlled contact if appropriate; and finally return to competition.
- Pay careful attention to your symptoms and your thinking and concentration skills at each stage of activity. Move to the next level of activity only if you do not experience any symptoms for **24 hours at each level**. If your symptoms return, notify your Athletic Trainer, return to the first level, and restart the program gradually.

Return to Play Plan

24 hours is required with no symptoms before moving from one level to the next level

1. No physical activity until asymptomatic (no symptoms) for minimum of 24 hours.
2. Low levels of physical activity with no symptoms during or after. This includes walking, light jogging, light stationary biking, and light weight lifting (low weight, higher reps, no bench, no squat)
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity stationary biking, moderate-intensity weightlifting (reduced time and/or weight)
4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).
5. Full contact in controlled practice.
6. Full contact in game play.