

SPORTS RELATED CONCUSSION/TBI PROTOCOL

If an athlete is suspected of having sustained a concussion or TBI (Traumatic Brain Injury) he or she will be removed from competition immediately and will not be released back into their respective sport until they have been cleared by a Physician, Athletic Trainer or another qualified allied healthcare professional. Please click on the following link for current legislation. <http://www.mass.gov/dph/injury>

The entire healthcare professional team involved in the evaluative and rehabilitative process must consult with one another and make a sound clinical judgment regarding the athlete's return to play status.

Academic accommodations will be provided when deemed necessary, pending documentation from a physician in accordance with the WPS "Information and Guidelines Relating to Traumatic Brain Injury".

Evaluation:

1. Acute evaluation SCATII (on sideline)
2. Recommendations to family and athlete regarding return to school (24-48 hours of rest from academics and other cognitive function) i.e. Video gaming, text messaging, computer use, TV.
3. Recommend a Physician/MTBI specialist if needed
4. Follow-up testing when asymptomatic

Sport Related Concussion Rehabilitation Protocol

ImPact neurocognitive testing can only be performed when asymptomatic (no symptoms) for 24 hours. Student athlete will progress sequentially through each rehabilitation phase and may not progress to the next phase until asymptomatic for 24 hours.

Phase 1

Post injury (*ImPact* follow-up test #1)

If scores within normal reliable change index, athlete may begin non impact rehab protocol.

Phase 2

Exertion (non impact)

Phase 3

Sports Specific rehab (*ImPact* follow-up test #2)

Follow-up scores fall within normal reliable change index, student athlete may begin light contact workouts.

Phase 4

Light Contact

Phase 5

Full Contact practice (*ImPact* follow-up test #3 following practice)

Follow-up scores fall within normal reliable change index, student athlete may return to full activity with no restrictions.

Adopted: July 25, 2017

Reviewed: November 13, 2017

REF: Policy JJIF, Concussion Management Policy

WPS Information and Guidelines Relating to Traumatic Brain Injury