

Concussion Management Protocol- Warsaw Central School

Return to play

Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. *No student/ athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is sustained. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion. Once the student athlete is symptom free at rest for 24 consecutive hours and has a signed release from their primary care provider (not an emergency room physician) a passing IMPACT test and clearance from the schools medical director, he/she may begin the return to play progression below (provided there are no other mitigating circumstances).

Progression Stage	Objective
Day 1: Aerobic activity, non-contact	Increase heart rate
Day 2: Increased Aerobic, Sport-specific activity- NO head impact	Add movement
Day 3: Non-contact training drills and low resistance training	Exercise, coordination
Day 4: Full contact practice and full resistance training	Restore confidence and assess functional skills by coach
Day 5: Return to play	

Each step should take a day so that an athlete would take approximately one week, minimum, to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post concussion symptoms occur while in the stepwise program, then the student should drop back to the previous asymptomatic level and try to progress again

after a further 24-hour period of rest has passed. All cases will be handled on a case-by-case basis.