

SAINT FRANCIS MEDICAL CENTER

SPORTS-RELATED CONCUSSION MANAGEMENT GUIDELINES

STAFF

 **SAINT FRANCIS
MEDICAL CENTER**

SPORTS MEDICINE

Medicine to the Highest Power

SAINT FRANCIS MEDICAL CENTER
**SPORTS-RELATED CONCUSSION
MANAGEMENT GUIDELINES**

SIDELINE DECISION-MAKING

1. No athlete should **Return To Play (RTP)** on the same day of a concussion.
2. Any athlete removed from play because of a concussion must have medical clearance from an appropriate healthcare professional before he or she can resume practice or competition.
3. Close observation of the athlete by a responsible adult should continue for a few hours.
4. After medical clearance, RTP should follow a step-by-step protocol with provisions for delayed RTP based on the return of any signs or symptoms.

SAINT FRANCIS MEDICAL CENTER
**SPORTS-RELATED CONCUSSION
MANAGEMENT GUIDELINES**

MEDICAL CLEARANCE RTP PROTOCOL

1. No exertional activity is allowed until the athlete is symptom-free.
2. When the athlete appears clear, begin low-impact activity, such as walking, riding a stationary bike, etc.
3. Initiate aerobic activity fundamental to the athlete's specific sport, such as skating or running, and add light resistance training exercises.
4. Begin non-contact skill drills specific to the sport, such as dribbling, fielding, batting, etc. You may progress to heavy weights.
5. Begin full contact in a practice setting.
6. If the athlete remains symptom-free, he or she may return to game play, **but no sooner than 10 days postconcussion.**
 - A. THE ATHLETE MUST REMAIN ASYMPTOMATIC TO PROGRESS TO THE NEXT LEVEL.
 - B. IF SYMPTOMS RECUR, THE ATHLETE MUST RETURN TO THE PREVIOUS LEVEL.
 - C. A MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.

SAINT FRANCIS MEDICAL CENTER
**SPORTS-RELATED CONCUSSION
MANAGEMENT GUIDELINES**

**Watch for Signs That the Concussion
Is Becoming Life-threatening:**

- Headaches that get worse
- Weakness, numbness or decreased coordination
- Repeated vomiting
- Loss of consciousness
- One pupil is larger than the other
- Seizures
- Development of slurred speech
- Becoming more confused, restless or agitated

****If these symptoms worsen or develop, seek immediate medical attention.***

SAINT FRANCIS MEDICAL CENTER
**SPORTS-RELATED CONCUSSION
MANAGEMENT GUIDELINES**

**These Are Common Signs and Symptoms
After a Concussion:**

- Low-grade headache
- Difficulty remembering, paying attention, organizing or making decisions
- Slowed thinking, acting, speaking or reading
- Easily confused
- Neck pain
- Feeling tired or having low energy
- Trouble sleeping
- Loss of balance, dizziness or light-headedness
- Sensitivity to light or sounds
- Blurred vision or eyes become tired easily
- Loss of sense of taste or smell
- Ringing in the ears
- Mood or personality changes

IMPACT TESTING | 573-331-5980

KNEE, HIP, SHOULDER CLINIC | 573-331-5153

ATHLETIC REPUBLIC™ | 573-331-3355

OUTPATIENT REHABILITATION | 573-331-5153

S SAINT FRANCIS
M MEDICAL CENTER

SPORTS MEDICINE

Medicine to the Highest Power

211 Saint Francis Drive • Cape Girardeau, MO 63703

573-331-3000 • www.sfmc.net