

Concussion Management

Online ImPACT™ baseline testing

Concussions, or mild traumatic brain injuries, are a common head injury in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions, and safe return to playing your chosen sport.

St. Vincent recommends all contact sports teams adopt a concussion management program that will allow its athletes to take a baseline test to measure their neurocognitive functioning. Then, after a concussion, the test can be retaken to monitor the healing process.

The experts at St. Vincent Sports Performance are dedicated to providing the most current, evidence-based diagnosis and treatment of concussions through a multi-disciplinary medical team. Our experts include Primary Care Sports Medicine Physicians, Certified Athletic Trainers, Neuropsychologists and highly qualified consultants in Neurosurgery and Neurology.



Taking the Baseline Test

ImPACT™ is a sophisticated, research-based computer test developed to help clinicians evaluate recovery following concussion. ImPACT™ is a 25 to 30 minute test battery that can be administered in the pre-season for a baseline and post-injury to track a concussion. ImPACT™ promotes an athlete's full recovery from injury and assists our physicians in making a safe return-to-play decision and reducing the chance of follow-up concussions.

St. Vincent offers ImPACT™ baseline testing online

ImPACT™ testing will occur during the week of August 9th, 2010 for all fall sport athletes at Secena Memorial High School. If you have any questions regarding ImPACT™ testing or concussions please contact SMHS athletic trainer Anna Foster at 356-6377 ext 1016.

SCECINA HIGH SCHOOL HEAD INJURY CARE INSTRUCTION SHEET

Your athlete has sustained a head injury. This is a medical follow – up sheet to use to ensure the health and safety of your athlete. Quite often signs of a head injury do not appear immediately after trauma. The purpose of this sheet is to alert you and your family of the symptoms of significant head injuries that may occur several hours after the initial head injury.

24 hours following the injury

1. Keep careful watch over your athlete. When sleeping, wake periodically every 2 –3 hours to determine if he/she is coherent. Ask them basic knowledge questions.
2. Do not allow the athlete to take aspirin or ibuprofen (Advil) products until 48 hours after the injury as these products thin the blood and may mask symptoms of a more severe injury. Tylenol (acetaminophen) only.

Contact the athlete's primary care physician or take the athlete to the nearest hospital **immediately** if any of the following symptoms persist or worsen:

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| 1. Difficulty waking the athlete | 7. Weakness or numbness in either arm or leg |
| 2. Dizziness, disorientation, poor balance, or unsteadiness | 8. Confusion such as difficulty in remembering recent events |
| 3. Nausea or vomiting | 9. Convulsion |
| 4. Severe headache, particularly at a specific location, which is continuing, increasing or changing in pattern. | 10. Unusual or bizarre behavior |
| 5. Blurred vision | 11. Persistent ringing in the ears |
| 6. Pupils which are dilated, unequal in size, or non-reactive to light | 12. Any discharge from the ears or nose |
| | 13. Slurring of speech |
| | 14. Mental confusion or strangeness |

The appearance of any of the above symptoms indicates that this athlete has a significant head injury that requires immediate medical attention.

All athletes must be seen by a credentialed ImPact consultant for a follow up ImPact examination. No athlete will be able to return to participation without this follow up and a note from the physician. The athlete will have to be symptom free and perform an exertional test prior to return to any activity.

All athletes must report to the athletic training room on a daily basis following a concussion to report signs and symptoms until they are cleared for participation.

Contact:

Anna Foster, MS, LAT, ATC
Scecina H.S Athletic Trainer
St. Vincent Sports Performance
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Scecina Memorial High School and St. Vincent Sports Performance have adopted the following return to play protocol regarding concussions:

Any athlete that has a concussion must be seen by a credentialed ImPact consultant for a follow up ImPact examination, and therefore must be cleared by this physician. There are numerous credentialed physicians for your convenience.

Rehabilitation Stage	Functional Exercise	Objective
1. No Activity	Complete physical and cognitive rest	Recovery
2. Light Aerobic Activity	Walking, swimming, or stationary cycling keeping intensity low; no resistance training	Increase Heart Rate
3. Sport-Specific Exercise	Running drills, footwork, shooting, agility; no head impact activity	Add movement
4. Non-Contact Training Drills	Progress to more complex drills (passing, dribbling, etc) may start resistance training	Exercise, Coordination, and Cognitive load
5. Full Contact Practice	Following Medical Clearance; participate in normal training activities.	Restore confidence and assess functional skills by coaching staff
6. Return to Play	Normal sports participation	Have Fun!

Note: The athlete must remain asymptomatic in order to advance through the various levels or return-to-play as described above. If symptoms return, while exercising or following exercise, the athlete should return to the previous level activity after waiting a day.

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