

HOME INSTRUCTIONS FOR AN ATHLETE WITH A HEAD INJURY / CONCUSSION

Date:

Athlete:

From: Gillian Glenister, LATC (Norwood High School, Athletic Trainer)

This letter is to inform you that your son/ daughter has been assessed to have a possible head injury/ concussion. At the time of evaluation, he/ she presented with the following complaints and objective findings:

- Headache
- Blurry Vision
- Dizziness
- Ringing in the ears
- Nausea
- Balance changes
- Uncoordinated movement
- Drowsiness
- Loss of memory

It is of the utmost importance that your son/ daughter not be left alone for the next 24 hours. During this time, you should follow the instructions below:

- Although a headache may be present, do not give aspirin or ibuprofen.
- Beware of worsening symptoms such as:
 - Increasing headache
 - Loss of vision
 - Loss of balance
 - Arm or leg weakness
 - Vomiting
 - Convulsion or seizure
 - Loss of consciousness
 - Slurred speech
 - Short term memory problems
 - Emotional changes (aggressive, crying, etc.)

***these are serious symptoms and immediate transport to the Emergency Room is mandatory.

- It is permissible to allow sleep. However, your son / daughter should be awoken every 2-3 hours to assure normal communication is possible. He / she should be awake enough to answer questions like: "where are you?" "who am I?" "name?" "Address?" ... Also look for increasing symptoms listed above.
- Driving is not recommended for at least the first 48 hours.

If any of the symptoms increase or you are unable to wake your child, he / she should be brought immediately to the Emergency Room at your local hospital. If symptoms persist for more than 2-3 days, you should make an appointment with your Primary Care Physician for full neurological evaluation.

CONTINUING CARE FOR ATHLETE WHO IS DIAGNOSED WITH A CONCUSSION

This page briefly outlines the steps that take place after your son/ daughter are diagnosed with a concussion by your Primary Care Physician (PCP). Further detail of the gradual return to play protocol (RTP) can be found in the *Athletic Concussion Policy* on the school's website: <http://www.norwood.k12.ma.us/>

- Within 24-48 hours of your son/ daughter being diagnosed with a concussion, you must notify the athletic trainer, school nurse, and athletic director
- All documentation from your PCP should be given to the athletic trainer, school nurse, and athletic director
- The first day that your son/ daughter is able to return to school, they must see the athletic trainer
 - The athletic trainer's hours begin at 2 pm each day
- It is required that your son/ daughter check in with the athletic trainer after school every day to ensure open communication between all parties
- Once your son/ daughter is symptom free for 24-48 hours, they will re-take the Impact test. If the results of this test are back to the baseline score and asymptomatic, your son/ daughter will be referred back to your PCP to be cleared to begin the RTP
- The licensed athletic trainer will conduct and supervise your son/ daughter's RTP. Guidelines to the RTP are as follows:
 - **Day 1:** Low levels of light physical activity – stationary bike for about 10 – 15 minutes, light isometric strengthening, and stretching exercises
 - **Day 2:** Moderate levels of physical activity – treadmill jogging, stationary bike, or elliptical for 20 – 25 minutes, light weight strength exercises, and more active and dynamic stretching
 - **Day 3:** Non- contact sports, specific drills, running, high intensity stationary bike or elliptical for 25 – 30 minutes, regular weight training. May start agility drills
 - **Day 4:** Limited, controlled sports specific practice and drills
 - **Day 5:** Full contact and return to sport
- All steps must be completed without any reoccurrence of your son/ daughter's concussion symptoms. If said symptoms return, your son/ daughter will repeat the previous day once they are symptom free. If that is completed without symptoms, they will continue forward
- If your son/ daughter continues to exhibit symptoms they will be referred back to your PCP for further evaluation
- Once your son/ daughter has completed the RTP, the athletic trainer will complete all necessary documentation and they will officially be cleared from their concussion