

CONCUSSION MANAGEMENT GUIDELINES

What to expect if you sustain a sports related concussion

RECOGNISE



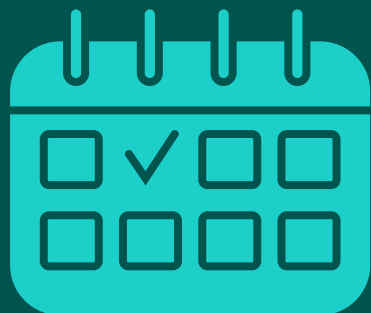
Forceful impact + any sign or symptom of concussion = remove from sport.

A potential concussion may be identified by an athlete, coach, physiotherapist, doctor, or any other team member.

ANY ATHLETE WITH A SUSPECTED CONCUSSION MUST BE REMOVED FROM SPORTING ACTIVITY

EVALUATE

A medical assessment will be carried out by a physiotherapist or doctor. This will include symptom evaluation, orientation, memory and concentration assessment, balance and vestibular testing, and neurocognitive screening.



IMPLEMENT MANAGEMENT PLAN

Most concussions will resolve within 10-14 days. However some athletes have delayed recovery.

"The Lifeskills team are here to support your return to study or work by helping you get the flexibility you need to fully recover."

SII Lifeskills Team





CONCUSSION MANAGEMENT GUIDELINES CONTINUED

MONITOR THROUGH MANAGEMENT PLAN

Your physiotherapist or doctor will monitor you through your graded return to sport plan. Other performance support team members may be involved depending on your symptoms.

"A concussion can affect your emotions and your mood. We work with athletes to help recognise and manage these symptoms"
SII Psychologist

"Poor appetite or nausea can be symptoms of concussion. We can help you put a nutrition plan in place to help manage these."
SII Dietitian



"We work together with physio during your return to training, monitoring HR, workload and wellness, remotely and in the lab. A gradual approach allows us make changes where needed, depending on your response"
SII Physiologist

"Every concussion is different, some athletes may experience ongoing symptoms of imbalance, dizziness or nausea which can be resolved with specific rehab exercises"
SII Physiotherapist



MEDICAL CLEARANCE TO RETURN TO PLAY



The fastest any athlete can return to play after sustaining a concussion is 7 days. You must not return to full training or competition until a doctor or physiotherapist clears you to do so.