

## **Bishop Kelly High School** **Concussion Management Program**

Our Sports Medicine Team has adopted specific guidelines for managing concussions which were presented in 2008, at the 3rd International Conference on Concussion in Sport, Zurich Switzerland. In the past, concussions were managed by monitoring reported concussion symptoms and returning players to the field as soon as symptoms resolved or were tolerable enough to return to play. This has proven to be dangerous for many reasons. It is now clear that injured brain tissue is not completely healed at the time symptoms have subjectively cleared. Our program includes administering a neurocognitive baseline test, "ImPACT" prior to participation in contact or collision sports. The baseline test provides valuable information received when an athlete is healthy. The test is administered by Katie Harbacheck ATC, LAT. Our team physician, Alex Homaechvarria, MD, has received extra training and certification, to interpret the results in the event of a concussion incident. This test is meant to objectively measure an athletes cognitive function, reaction time and short term memory, all areas affected by mild traumatic brain injury, aka concussion. The following guidelines are also used as a step-wise progression to determining return to play:

1. Post concussion ImPACT testing 24-72 hr post injury.
2. Rest until asymptomatic (physical and mental).
3. Light aerobic exercise (e.g. stationary cycle, walking).
4. Sport specific exercise (running).
5. Non-Contact training drills (start light resistance training)
6. Repeat ImPACT test, if back to baseline or predicted baseline, proceed with stepwise progression.
7. Full contact training after medical clearance.
8. Return to competition (game play).

This stepwise approach is meant to progress with 24-48 hours between each step, as long as the athlete remains symptom free. If symptoms occur, the athlete must return to the previous step. This usually means that athletes are held from play for at least a week if diagnosed with a concussion.

For more information about concussion management go to:

<http://www.impacttest.com/impactbackground.php>.