

COPPELL ISD

POST-CONCUSSION MANAGEMENT GUIDE

PHYSICIAN RELEASE

Any student who is suspected of sustaining a concussion must be evaluated and released by a licensed physician. The student must also successfully complete the return-to-play protocol and post-concussion ImPACT test (high school contact-sports only) as defined by the Coppell ISD Concussion Oversight Team. In addition, the athlete and parent/guardian will be required to sign the UIL “Return to Play” form.

CONCUSSION MANAGEMENT

The cornerstone of concussion management is physical and cognitive rest until symptoms resolve and then a graded program of exertion prior to medical clearance and return to play. During this period of recovery, while symptomatically following an injury, it is important to emphasize to the athlete that physical AND cognitive rest is required. **If you notice any change in behavior, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please transport the student to the nearest hospital emergency department immediately.**

GRADUATED RETURN TO PLAY PROTOCOL

Return to play protocol following a concussion follows a stepwise process as outlined herein. With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. Generally, each step should take 24 hours so that an athlete would take approximately one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the patient should drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity ,70% MPRH; no resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, eg, passing drills in football and ice hockey; may start progressive 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 game play	

NEUROCOGNITIVE TESTING

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. Coppell ISD will be utilizing pre-season baseline testing and post-injury testing as a tool in the concussion management protocol. Every contact-sport athlete is required to complete baseline testing in the assigned year prior to participation in any athletic activities (practices or games).