

ATHLETICO

PHYSICAL THERAPY

Post-Concussion RTP Update

| Stage | Activity | Date | Initials |
|---|--|------|----------|
| 1) Symptom-limited activity | 1) Gradual reintroduction of school activities 2) Performing activities of daily living | | |
| 2) Light aerobic exercise | 1) Walking or stationary bike (65% of Max HR) 2) AVOID: Resistance training, excessive head/body movement | | |
| 3) Sport-specific exercise | 1) Body weight resistance exercise 2) Moderate intensity weight lifting 3) Moderate jogging 4) AVOID: Head impact activities | | |
| 4) Non-contact training drills Practice 80-90% of Max HR | 1) Progressive cognitive loading w/ exertion, balance, optokinetic activities 2) Lifting, push-ups, sit-ups, Valsalva activities 3) Dual/Tri-Tasking activities 4) AVOID: Full-contact activities | | |
| 5) Full contact practice | Unrestricted practice after medical clearance is received | | |
| 6) Return to Sport | Return to full competition | | |

Athlete Name: _____

Athlete DOB: _____

Notes: _____

Athletic Trainer Name & Signature: _____

Date: _____

Saint Viator Concussion Return to Participation (RTP) Policy

This protocol is implemented to promote compliance with: NFHS Sports Playing Rule for Concussions, and Illinois state law which outlines that student-athletes exhibiting symptoms of a concussion cannot return to participation until cleared by an appropriate health care professional.

Evaluation and Removal from Participation

Any student-athlete exhibiting the signs or symptoms of concussion after a head impact or a hit to the body that transmits a force to the head will be removed from athletic participation and evaluated by the Athletic Trainer (AT) on-site. If the AT suspects that the student-athlete has sustained a concussion, the student-athlete will not be allowed to return to participation on that day.

Return to Participation (RTP)

When returning to participation, student-athletes will follow the Return to Participation (RTP) Protocol set forth by the 5th International Consensus Statement on Concussion in Sport outlined in the chart below. In order to begin the RTP Protocol, the student-athlete must provide written clearance from an appropriate health care provider as dictated by state concussion law.

The Saint Viator athletic trainer(s) reserve the right to hold the student-athlete out of participation should they believe the student-athlete is not ready to return even with written clearance from an appropriate health care provider. Parent/guardian consent is not a sufficient means for a student-athlete's return to participation.

RTP Protocol

Stage 1 of the RTP Protocol can begin after 24-48 hours of relative physical and cognitive rest. Once concussion related symptoms have resolved and the student-athlete has returned to a baseline state of any neurocognitive tests they were administered (if applicable), the remainder of the RTP protocol can begin. Final written clearance from an appropriate health care provider as dictated by the state concussion law must be obtained before returning to unrestricted participation.

NOTE: There should be at least 24 hours for each stage of the progression. If any symptoms worsen during exercise, the student-athlete should stop activity for that day. After remaining symptom-free for 24 hours, the student-athlete should return to the previous stage and attempt to complete this stage without the reoccurrence of symptoms.

| Stage | Aim | Activity | Goal |
|-------|-----------------------------|---|---|
| 1 | Symptom-limited activity | Daily activities that do not provoke symptoms | Gradual re-introduction of work/school activities |
| 2 | Light aerobic exercise | Walking or stationary cycling slow to medium pace No resistance training | Increase heart rate |
| 3 | Sport-specific exercise | Running or skating drills No head impact activities | Add movement |
| 4 | Non-contact training drills | Harder training drills, eg, passing drills May start progressive resistance training | Exercise, coordination, and increased thinking |
| 5 | Full contact practice | Following medical clearance, participate in normal training activities | Restore confidence and assess functional skills by coaching staff |
| 6 | Return to Sport | Normal game play | |

McCroory, P., et al (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. *British Journal of Sports Medicine*. Published Online First: 26 April 2017.

By signing this, I understand and will comply with Saint Viator's Concussion Return to Participation Policy.

| | | |
|----------------------|---------------------------|------|
| Student-Athlete Name | Student-Athlete Signature | Date |
| Parent/Guardian Name | Parent/Guardian Signature | Date |