



What's New?

Returning to Physical Activity After Brain Concussion

Conflicts of Interest

✓ None

CONCUSSION

Definition

- Closed head injury with no significant degree of macroscopic structural damage, resulting in cellular, metabolic and electrochemical changes with usually transient functional impairment

CONCUSSION

Evaluation

Signs

- Amnesia: retrograde or anterograde
- Alteration of mental status
 - Confusion
 - Disorientation
 - Loss of consciousness
- Motor discoordination
- Dysarthria
- Changes in mood or affect
- Headache

Symptoms

- Headache
- Nausea or vomiting
- Dizziness
- Diplopia
- Photophobia
- Drowsiness
- Poor memory or concentration
- Vague malaise, fatigue

CONCUSSIONS

Return to Activities

- Returning to home activities
- Returning to School
- Returning to Sports

Returning to Sports and Recreation

General Principles

- Individualised Care
- Involve Parents / Teachers / Coaches
- Careful Monitoring
- Avoidance of Re-injury
- Avoidance of prolonged recovery

Return to Sport Progression

Guiding Principles

- Move to the next step when asymptomatic
- If symptoms recur: REST
- Return to previous step if symptoms resolve after resting

Return to Sports Progression

- 1) Back to school
- 2) Light aerobic activity
- 3) Moderate Activity
- 4) Heavy, non contact activity
- 5) Practice and Full Contact
- 6) Competition

Return to Sports Progression

Monitor:

- Neurological (Sensorimotor) Symptoms
- Mental Status
- Cognitive Function

Return to Sports Progression

Time Frame

- Time Frame: Highly variable: Days to Months
- Most cases recover within 10 -14 days

Return to Sports Progression

Risks Factors for Prolonged Recovery

- Hx of Multiple Concussions
- Hx of Migraines
- Depression
- Mood Disorders
- Anxiety
- Developmental Disorders
- Family Dynamics

PEARLS

- Sleep Hygiene



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- Dietary Habits



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- Erikson's stages of personal-social development



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- Psychosomatic overlay



RESOURCES

HEADS UP TO HEALTHCARE PROVIDERS

[Headsupdoc.cdc.gov](https://headsupdoc.cdc.gov)

This course will provide you with the latest evidence-based strategies on mTBI diagnosis, management, and treatment. Free CMEs are available at completion of the training

RESOURCES

- Acute Concussion Evaluation (ACE) Forms
 - Emergency Department ACE form
 - Physician/ Clinician Office ACE form
- Acute Concussion Evaluation (ACE) Care Plans
 - ACE Care Plan – School Version
- Checklist on Diagnosis and Management
 - CDC Pediatric mTBI Guideline Checklist
- Discharge Instructions

cdc.gov/headsup/providers/tools.html

cdc.gov/traumaticbraininjury/pdf/pediatricmtbiguidelineeducationaltools/2018-CDC_mTBI_Discharge-Instructions-508.pdf

Centres for Disease Control and Prevention (2019)



