

Outline of Concussion Timeline

Injury occurs

1. Evaluation by **ATC** (certified athletic trainer) within **24 hours** of initial injury
 - a. If injury occurs over the weekend, notification to ATC via email of how the injury occurred is a **MUST** within 24 hours
2. Evaluation by **MD/DO** within **48-72 hours** of initial injury
 - a. Notes/evaluation from any other healthcare professional will not be accepted (i.e. chiropractor, nurse practitioner, physician assistant, etc)
 - b. MD/DO notes should clearly state *diagnosis, physical restriction, and school restrictions*
 - i. Use of CIF form is strongly encouraged to make sure correct information is given to ATC and the school pertaining to your daughter's injury
3. Graded symptom checklist should be administered at least every other day at home or at school. Checklist can be found online at CIF sports medicine website
 - a. Keep these sheets and take them to follow-up doctor appointments

Healing

1. Active rest while brain is healing and symptoms are being monitored
 - a. Try to maintain a normal lifestyle within the guidelines of their symptoms and while following the recommendations of the ATC and MD/DO.
 - i. Example: if watching TV does not increase symptoms it is OKAY to let them watch their shows or a movie at home.
2. Follow-up appointment with **MD/DO** once athlete no longer has symptoms
 - a. Appointment should be made with the doctor who did the original exam
 - b. It is common that doctors will have you schedule this appointment approximately one week following their initial assessment

Exertional Protocol and "Return to Play"

1. **MUST** receive clear orders from MD/DO to begin exertional protocol
 - a. *Note must be received by ATC for any protocol to begin*
 - b. ALL stages of exertional protocol will be supervised and signed off by the ATC
 - c. This phase will take a **minimum of 6 days** to complete per CIF and State laws
 - d. At any point during exertional protocol *IF* there is an increase of symptoms progress will be halted for 24 hours or until the SA no longer experiences symptoms.
2. Stage III – return to play
 - a. *MUST have MD/DO note stating they can return to play (RTP) following the exertional protocol*
 - b. Instructions will be given to head coach for this stage
 - i. Head coach will sign off on this stage
 - ii. Graded symptom checklist will be administered after each stage by head coach
3. Exertional protocol and RTP form must be turned in to the ATC once it is completed

Return to Competition

1. ALL stages of exertional protocol and RTP are completed and signed off by ATC and MD/DO