

# Youth Sports Concussion Management Program

## Gradual Return to Cognitive Activity Guidelines

Step 1: Complete cognitive rest from the following

- Reading
- Television
- Texting
- Schoolwork
- Video games
- Loud noise

Step 2: When headache free, add 2 hours of the more familiar and easier of the above tasks, with no more than 30 minutes at one time.

Step 3: If asymptomatic for 24 hours with step #2, add 4 hours of any of above tasks, no more than 1 hour at a time.

Step 4: If asymptomatic for 24 hours, attend half day of school, with no homework. Cognitive activities at home should be light and limited to no more than one hour at a time. If symptoms occur at school, go to the nurse's office, lie down, and skip the next period. If symptoms occur again in the next period after resting, go home.

Considerations at this stage which may increase symptoms:

- Math and chemistry classes
- Noise from the bus
- Core classes should be attended over non-core classes
- Depending on the student, they may be better off avoiding morning classes or only attending morning classes

Step 5: If asymptomatic for 24 hours, attend full day of school, with no homework. Same recommendations apply as in #4.

Step 6: If asymptomatic for 24 hours, resume normal cognitive activity, including homework.

If symptoms occur at any level, reduce activity.

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## Gradual Return to Play Guidelines

1. No activity: complete physical and cognitive rest.
2. Light aerobic exercise: walking, swimming, or stationary cycling keeping intensity less than 70% of the maximum predicted heart rate. No resistance training.
3. Sport-specific exercise: Skating drill in ice hockey, running drills in soccer. No head impact activities.
4. Non-contact training drills: Progression to more complex training drills (passing drills in football and ice hockey)
5. Full contact practice: Following medical clearance participate in normal training activities.
6. Return to play: Normal game play

You should not proceed to the next level unless you have had no symptoms at the current level for 24 hours:

If you have had two concussions and/or lost consciousness for minutes (rather than seconds), then you may need to rest for two weeks or longer. After a third concussion, you should refrain from sports for the remainder of the season. In all cases, you should consult your doctor prior to resuming sports and other high risk activities.

For more information, visit our website at [www.http://kp.org/mydoctor/catherinebroomand](http://kp.org/mydoctor/catherinebroomand)