

RETURN TO PLAY (post-concussion)

Student: _____ GR. _____ Date of injury: _____ How? _____

Date Cleared by MD: _____ Mercy sport? _____

Plan for the student includes parent, PE teacher (Mrs. Barbero, Mrs. Davis or Mrs. O'Dell), and/or Athletic Trainer.

If involved with Mercy Sport ---- Athletic Trainer Sarah Jakubek, U of R Sports Med is involved with RTP (341-9150)
Meets with students in Mercy High School Locker Room, usually around 3:00 pm, check her schedule in Athletic Dept.

Date _____ **Observed doing phase 1, no problems with SCAT II- signature** of observer. _____

Ask SCAT II questions, only increase activity tomorrow if no symptoms or rest and stay at phase and repeat in 24 hours.

Phase 1: low impact non-strenuous light aerobic activity for short intervals, such as easy walking, biking, swimming in three ten minute intervals; no resistance training

Date _____ **Observed doing phase 2, no problems with SCAT II- signature** of observer. _____

Ask SCAT II questions, only increase activity tomorrow if no return of symptoms progress to phase 3

Phase 2 : higher impact, higher exertion activity in two 15 minute intervals, such as running/jumping rope, skating, or other cardio exercise; may be sports specific if available (e.g. skating without collision meaning suited up, but skating when the team is not doing drills; running without impact in soccer or football, suited up), no resistance training

Date _____ **Observed doing phase 3, no problems with SCAT II- signature** of observer. _____

Ask SCAT II questions, only increase activity tomorrow if no problems.

Phase 3: repeat Phase 2 progressing with shorter breaks, and add 10 to 15 min. stationary skill work such as dribbling, serving, tossing a ball (balls should not be thrown or kicked in the direction of the student); low resistance training if available with spotting

Date _____ **Observed doing phase 4, no problems with SCAT II- signature** of observer. _____

Ask SCAT II questions only increase activity tomorrow if no problems if no return of symptoms may

Phase 4: repeat Phase 3 without breaks in cardio, but add skill work with movement (allowing balls to be thrown/kicked in the direction of student); non-contact training drills

Date _____ **Observed doing phase 5, no problems with SCAT II- signature** of observer. _____

Ask SCAT II questions, student may use treadmill, bike, and/or jumping jacks, (whatever you can)

Phase 5: repeat Phase 4 as a warm up; NO contact activities or training drills

Date _____ **Observed doing phase 6, no problems with SCAT II- signature** of observer. _____

Phase 6: warm up followed by full class participation

Please have appropriate person observe phases each day and have student return completed form to Mercy School Nurse (288-7128 X 314) or Athletic Trainer. Thank You

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Return to Learn and Return to Play protocols

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by treating MD:

Day 1: Low impact, non-strenuous, light aerobic activity.

Day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

Day 3: Sport specific non-contact activity. Low resistance weight training with a spotter.

Day 4: Sport specific activity, non-contact drills. Higher resistance weight training with a spotter.

Day 5: Full contact training drills and intense aerobic activity.

Day 6: Return to full activities.

If any return of symptoms during the return to play phases, the student will return to previous day's activities until symptom free.

What is the SCAT2? This tool represents a standardized method of evaluating injured athletes for concussion and can be used in athletes aged from 10 years and older.

Questions asked regarding symptoms on SCAT2: How do you feel? Do you have?

Headache "Pressure in head" Neck Pain Nausea or vomiting Dizziness Blurred vision Balance problems Sensitivity to light Sensitivity to noise Feeling slowed down Feeling like "in a fog" "Don't feel right" Difficulty concentrating Difficulty remembering Fatigue or low energy Confusion Drowsiness Trouble falling asleep (if applicable) More emotional Irritability Sadness Nervous or Anxious

Additional information:

NYSPHSAA web site at www.nysphsaa.org

New York State Department of Health http://www.health.ny.gov/prevention/injury_prevention/concussion/

New York State Public High School Athletic Association www.nysphsaa.org/safety/

Center for Disease Control and Prevention <http://cdc.gov/concussions>

Please call the Mercy Health Office with questions: 288-7128 x314