CONCUSSION IN SPORT



Diagnosis of concussion



No return to sport

Deliberate physical and cognitive rest [24-48 hours]

School-age children: graduated return to learning activities

Light aerobic activity (until symptom-free)

If there is any significant and sustained deterioration in concussion symptoms, further rest from specific trigger activity



Basic sport-specific drills which are non-contact – no head impact [24 hours]

More complex sport-specific drills which are non-contact – no head impact – may add resistance training [24 hours]



Recurrence of concussion symptoms

Recurrence of concussion symptoms

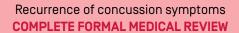
Children 18 years or under – No return to contact/collision activities before 14 days from complete resolution of all concussion symptoms

Medical review before return to full contact training



If not medically cleared, any further activity to be determined by medical practitioner

Return to full contact training (24 hours)





Return to sport

Recurrence of concussion symptoms

COMPLETE FORMAL MEDICAL REVIEW







