

# Sanford Health and Lincoln High School Concussion Management Protocol

- **Immediately After Receiving a Concussion**
  - Athlete will be **Immediately** removed from practice/competition
  - Athlete evaluated by the Athletic Trainer or other medical personnel on-site
  - Athlete **IS Not** allowed to return to current practice or competition.
    - Minnesota State Law Section 121A.37 and 121A.38
- **Post-Concussion Management**
  - 24-72 Hours Post-Concussion
    - Post-injury ImPact test will be taken
      - After test is completed scores will be compared to the baseline test taken at the beginning of the season
      - If scores are at or above the baseline scores and the athlete is completely symptom free the Return to Play steps will begin
    - If scores are not back to baseline the ImPact test will be repeated in a week or when the athlete is symptom free which ever comes first
      - If the test is repeated for the second time and score are still not normal the test will be repeated once more in a week or when the athlete is symptom free.
      - If after the third time of repeating the test and scores are not normal he/she will be referred to a doctor that is specialized in concussion management
  - **Return to Play Steps**
    - The Return to Play consists of four stages of progressive physical activity
      - Athlete must remain symptom free throughout **ALL** stages
    - 24 hour rest period is taken between each stage
    - Any occurrence of symptoms-testing will be stopped until symptoms reside
      - Testing will restart at the last stage the athlete completed
  - **Stages**
    - Step One: light to moderate jogging or elliptical for 10 minutes
    - Step Two: High intensity intervals for 10-15 minutes. This step consists of sprints, jumping jacks, squat jumps, burpees, mountain climbers ect.
    - Step Three: Athlete may return a limited and light practice
      - If this is a contact sport the athlete will be allowed no contact or protective equipment
    - Step Four: Athlete may return to a full practice
      - If this step falls on a game day the athlete will have to sit out of the game and resume step four on the next practice