

Return to Play Concussion Protocol

Phillipsburg High School Athletic Training

Dana Baffuto, MS, ATC DJ Snyder, ATC Duane Brida, ATC
908-454-3400 ext. 7086

You have suffered a Concussion

NOW WHAT? How do you return to the sport you love?

Below is a 6 step process used to ensure a safe return to play for all athletes. It uses the baseline testing done prior to the beginning of the season with IMPACT and a combination of physical exertion testing. If at any point in this step by step process, there are a return of symptoms or complications, the protocol will need to be restarted from the beginning.

Step 1- The first few days of physical and mental rest. Once athlete is symptom free, the IMPACT test can be performed.

Step 2- If IMPACT test results align with baseline/" norms" and the athlete still remains asymptomatic, then light aerobic exercise can be done. (biking, swimming, walking). Athlete should be in school full time and able to complete all academic assignments with out restrictions.

Step 3- Exertional testing can begin. This can include running, agility drills, light weight lifting, and some throwing/catching/kicking/passing/mat drills not involving any part of formal practice.

Step 4- Non-contact practice

Step 5- return to normal practices and resistance training

Step 6- Full Return to play

Consensus Statement on Concussion in Sport: 3rd International Conference on Concussion in Sport held in Zurich, November 2008". Clinical Journal of Sports Medicine, Volume 19, May 2009, pp.185-200

Clinical Report: Sport-related Concussion in Children and Adolescents" Halstead ME, Walter, KD and the Council on Sports Medicine and Fitness Pediatrics Volume 126, September 2010, pp.597-615.