

Suspected Head Injury

Take Home Advice for the Injured Athlete

This athlete has sustained a head injury, possibly a concussion, the most common form of head injury sustained in sports. An evaluation has been performed by an Athletic Trainer and no serious complications have been found at this time. Improvement is expected, however the athlete should be monitored by a responsible adult.

According to Ohio law (ORC 3313.539 and ORC 3314.03): All athletes suspected of a concussion may not return to play in the same day of injury and must be cleared by a physician or by any other authorized licensed health care provider before returning to any practice, scrimmage, weight training or competition.

Important points to note for home care:

1. The athlete should rest physically and mentally for the next 24 hours. Things to avoid include: Driving, texting, excessive screen time (TV, video games, computers), and physical activity.
2. No sleep aids, alcohol, or other sedation medications should be consumed.
3. If needed for headache: acetaminophen can be used according to the manufacture's label. Avoid ibuprofen, Motrin®, Aleve®, and aspirin.
4. The athlete should avoid loud/bright environments including: Parties, crowded hallways, concerts, sporting events, etc., as the stimuli from such environments can worsen symptoms and prolong recovery. Sunglasses are advised when outdoors.

Signs and Symptoms of a Concussion

Dazed, confused, or stunned appearances
Dizziness or balance problems
Headache
Sensitivity to light/noise

Memory loss of any kind
Unusually tired/Extreme Fatigue
Nausea or vomiting
Feeling sluggish or groggy

Slow to respond
Unusually sad or irritable
Double or blurry vision
Academic Decline

If any changes in behavior, repeated vomiting, worsening headache, vision changes, or excessive drowsiness occur, please seek emergent medical treatment by calling 911.

NEED MORE
INFO?

Call our 24/7 Concussion Hotline to talk to a
Sports Medicine expert at (614) 566.GAME (4263)
OhioHealth.com/SportsMedicine
[@OHSportsMed](https://twitter.com/OHSportsMed)



OhioHealth

BELIEVE IN WE™



Hilliard Bradley/Memorial Return to Play Progression



****PLEASE NOTE: EACH STEP MUST BE FOLLOWED BY A 24 HOUR SYMPTOM FREE PERIOD BEFORE PROCEEDING TO THE NEXT STEP**

STEP 1: Light Aerobic Exercise such as: light stationary biking, walking, 10 push up, 10 sit ups

Goal: Slightly increase heart rate

Time: 5-10 minutes

STEP 2: Moderate Exercise such as: moderate stationary biking or jogging, light weight lifting

Goal: Limited body and head movement

Time: 20 minutes

STEP 3: Non-Contact Exercise such as: light running, high intensity stationary biking, non-contact sports specific drills (see sports specific below)

Goal: More intensity to workout but no contact *Time:* ¾ of normal practice that does not include contact

Football	Soccer	Basketball	Baseball/Softball
Agility work, foot work, route drills without contact, passing and catching without contact	Agility work, foot work, dribbling drills, NO HEADERS	agility drills, shooting and passing drills, dribbling work	Agility drills, base running, throwing NO LIVE catching or fielding
Ice Hockey	Field Hockey	Dance/Ballet	Swimming
light skating, shooting, passing, and agility drills	agility drills, passing drills, shots on goal	No Turns or partner work with two feet off of the ground	Normal practice without starts or flip turns. Also avoid collisions with others
Gymnastics	Men's Lacrosse	Women's Lacrosse	Volleyball
Floor: flexibility moves/ vertical jumps no turns or tumbling Bars: no bar work Beam: low beam only, flexibility and vertical jumps	agility drills, "Wall ball", fielding and passing, no interaction with other players	agility drills, "Wall ball", fielding and passing, no interaction with other players	agility drills, passing drills, serving drills, bumping drills, NO SERVING RETURNS

STEP 4: Modified Practice

Goal: Reintegrate into full, or normal practice

Time: 75 % of all activities of a full practice

STEP 5: Full Practice

Goal: Unrestricted practice to prepare for competition

Time: Full Duration

The athlete must complete all 5 steps before being allowed to participate in a competition scrimmage, game, meet, or match. If at any point, symptoms return, the athlete is to be rested until they are 24 hours symptom free without medication and will restart the progression at the last completed step

*****The Athletic Training Staff will make every effort possible to have the athlete complete the steps in as minimal days as possible. Due to practice schedules, game schedules, and off days the protocol may be delayed longer than 5 days.*****