






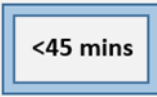
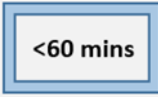


RETURN TO PLAY PROTOCOL

	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6
	FULL REST	LIGHT EXERCISE	SPORT SPECIFIC EXERCISE	NON-CONTACT TRAINING	FULL CONTACT TRAINING	RETURN TO PLAY
EXERCISE ALLOWED	<ul style="list-style-type: none"> Completed body and brain rest 	<ul style="list-style-type: none"> Walking, light jogging, swimming, static bike 	<ul style="list-style-type: none"> Simple movement activities eg running NO impact into the body or head 	<ul style="list-style-type: none"> Progression to more complex training activities with increased intensity, coordination and attention May start resistance training NO head/body impact 	<ul style="list-style-type: none"> Normal training activities, eg tackling, heading, rucks 	<ul style="list-style-type: none"> Player may return to play once completed stages 2-5 symptom free and cleared by a Doctor
% MAX HEART RATE/EFFORT	 No training					
DURATION (MINS)						
OBJECTIVE	<ul style="list-style-type: none"> Recovery Symptom free 	<ul style="list-style-type: none"> Increase heart rate 	<ul style="list-style-type: none"> Add movement 	<ul style="list-style-type: none"> Exercise, coordination and skills/tactics 	<ul style="list-style-type: none"> Restore confidence and assess functional skills by coaching staff 	<ul style="list-style-type: none"> Return to play

When can I play again?

This is different for each sport but the basic principal remains the same. All sports require a period of rest and for you to be symptom free before you can even start the above protocol. Once symptom free you may go through the stages, with either 24 or 48 hours between each stage depending on the sport. Any recurrence of symptoms requires further rest. **All sports require clearance by a Doctor prior to returning to play.**

Sports (U19 if applicable)	Rugby U, Rugby L, Football, Am. Football, Basketball, Netball + others
Rest Period	2 weeks
Time between stages 2-6	48 hours
Minimum time frame	23 days

CONCUSSION ADVICE CARD 2018-19



PHYSIOTHERAPY DEPARTMENT BRISTOL ACADEMY OF SPORT SOUTH GLOS AND STROUD COLLEGE

HEAD INJURIES CAN BE FATAL. PLEASE READ THIS ADVICE CARD CAREFULLY AND FOLLOW THE ADVICE PROVIDED TO YOU BY MEMBERS OF THE PHYSIOTHERAPY TEAM. IF YOU SHOULD NEED TO ATTEND YOUR LOCAL ACCIDENT AND EMERGENCY DEPARTMENT IMMEDIATELY.

If you have been advised to attend your local accident and emergency department please **do so immediately**.

If you have been advised you may return home or have been discharged from the hospital please read the following pages.

What is concussion?

Concussion is an injury to the brain as a result of an impact or jolt to the head or body, causing the brain to move impacting onto the skull. They are common in sports, road traffic accidents or as a result of falls but you do not have to sustain an impact directly to the head to sustain a concussion.

Useful Information:

Emergency Services: 9-9-9

NHS Direct: 1-1-1

SGS Physio : 0117 919 2614

RFU– www.rfu.com/headcase

FA– www.thefa.co.uk/concussion

Brain Injury– www.headway.org.uk

Upon Returning Home...

You should be accompanied by a responsible adult and monitored. There is chance of developing complications and thus if you experience any of the below you should attend your local accident and emergency department as soon as possible.

- Loss of consciousness
- New deafness in one or both ears
- Loss of balance or walking problems
- Any weakness in one or both arms or legs
- Any vomiting
- Clear fluid coming out of your ears/nose
- Increasing disorientation
- Problems understanding or speaking
- Blurred or double vision
- Severe headache
- Bleeding from one or both ears
- Any fits (collapsing or passing out)
- Inability to be woken

Should I go back to hospital?

Whilst most concussions resolve fairly quickly it is not uncommon to still be experiencing symptoms days and weeks after the initial incident. The following symptoms do not require a return to hospital.

- Headache
- Feelings of dizziness
- Nausea
- Sensitivity to light or noise
- Sleep disturbance
- Memory problems
- Irritability
- Restlessness
- Impulsivity and self-control problems
- Difficulties with concentration
- Feeling depressed, tearful or anxious
- Fatigue
- Difficulties thinking and problem-solving

IF YOU ARE UNSURE AS TO WHETHER YOU SHOULD ATTEND HOSPITAL , PLEASE RING NHS DIRECT OR ATTEND A&E AS A MATTER OF URGENCY