**Lincoln Orthopaedic Center/Bryan Health**

**Concussion Management Protocol**

An athlete suspected of having a concussion will be removed from play immediately and will be evaluated by the team/school Certified Athletic Trainer (ATC).

If the athlete is assessed with a concussion they will remain at complete rest while having any signs or symptoms of a concussion.This could be a matter of days or weeks. Complete rest means no mental, visual, or physically challenging stimuli and/or activities.

Symptoms will be monitored daily. Once the athlete is symptom free for 48 hours they will take the ImPACT Test. The ImPACT Test is administered thereafter every four to five days, if the athlete remains symptom free, until he/she passes.

When the athlete has no headaches or other concussion symptoms and neuro-cognitive testing is normal (passing the ImPACT Test) the athlete can begin the concussion graduated return-to-play exercise program.

**Step 1:** **Walking for 20-30 minutes**: Rate of 2.5 mph, target heart rate at 40% max

No resistance training or weight lifting.

**Step 2:** **Jogging 20-30 minutes**: Target heart rate at 40-60% max

**Step 3:** **Running 20-30 minutes and agility drills**: Target heart rate at 60-80% max

**Step 4: Sport specific, non-contact drills**: Target heart rate at 80-90% max

No live drills, full speed contact drills, scrimmaging or any other contact activity.

No activity that involves using the head.

**Step 5:** **Maximal exertion – return to contact sport**:

The athlete is able to fully participate in practice without restrictions.

Monitor for return of any post-concussion symptoms.

If headaches or any other symptoms reoccur, during any step, the activity needs to be stopped. The athlete should then wait 24 hours and start at the previous level again. The athlete may be referred to a specialist if symptoms persist and symptoms do not improve.

The athlete will return to participation once the protocol is accomplished and a signature for return is obtained by the athlete’s parents or legal guardian and by the supervising Certified Athletic Trainer and/or physician in charge of administering the return-to-play protocol.

Please feel free to contact me if you have any questions or concerns.

Terry Adair, ATC

(402)-432-4953

Terry.Adair@bryanhealth.org