

**SEATTLEU<sup>®</sup>**

**Concussion Protocol**

**2020-2021**

# What is a Concussion

Concussion, or mild traumatic brain injury (mTBI), has been defined as “a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.” Although concussion most commonly occurs after a direct blow to the head, it can occur after sustaining impact to the body that is transmitted to the head.



# Concussion Management

## KNOW THE SYMPTOMS

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion or feeling disoriented
- Concentration or memory problems

## SPEAK UP

If you believe that you may have a concussion or are concerned about any contact to your head or neck, stop all activity and tell to your coach, athletic trainer and/or team physician immediately. Be certain to share all and any symptoms you are experiencing.

## TAKE TIME TO RECOVER

Be certain to strictly follow your team physician and athletic trainer's directions during concussion recovery. This includes eliminating or reducing screen-time. If a concussion is left unmanaged, there may be serious long-term health consequences.

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**PLEASE** be honest with yourself about your symptoms - it is most important that you fully heal. If at any point your symptoms return, we will discontinue any activity and you will be re-evaluated. Final determination of return-to-play ultimately will be made by team physician/physician designee. Per our policy and NCAA rules, coaches do not make return-to-play decisions.



# Testing

- **Sport Concussion Assessment Tool – 5<sup>th</sup> Addition (SCAT5)**
  - All student athletes will undergo a baseline, off field, SCAT5 test
    - This consists of:
      - Athlete background
      - Symptom evaluation
      - Cognitive screening
      - Neurological screening
      - Delayed recall



# Testing for Contact Sports

- SCAT5 + Balance Error Scoring System (BESS) Testing
- King Devick
  - A rapid 2 min number naming assessment which evaluates impairments of eye movements, attention and language function
- All contact sports will receive a King Devick and SCAT5 + BESS baseline test
- Both SCAT5 + BESS and King Devick tests will need to be passed prior to return to contact practice (stage 4)



# Concussion Return to Play

With physician approval, you will begin a supervised, progressive transition to return to activity. During the healing process, exercise can cause a recurrence of concussion symptoms. If this occurs, the exercise should be immediately stopped and your athletic trainer should be informed of the symptoms. Together, the team physician and your athletic trainer will work with you to make a plan for when the next exercise trial may be attempted. If the exercise is performed without recurrence of symptoms for a full 24-hour period, the standard progression of return to play will be as follows:

## Day 1 Symptom Free

**Day 1 symptom free** - 20-30 minutes of sports medicine staff supervised non-contact moderate cardiovascular exercise. You will be immediately assessed by the supervising sports medicine staff, monitored and reassessed after 24 hours to ensure that you remain symptom free. Only after 24 hours of being symptom free will you progress to the next phase.

## Day 2 Symptom Free

**Day 2 symptom free** - 60 minutes of sports medicine staff supervised intense non-contact cardiovascular exercise which may include non-competitive, non-contact conditioning activities. You will be immediately assessed by the supervising sports medicine staff, monitored and reassessed after 24 hours to ensure that you remain symptom free. Only after 24 hours of being symptom free will you progress to the next phase.



**Day 3**  
Symptom Free

**Day 3 symptom free** - sports medicine staff directed and monitored full non-contact practice participation. You will be immediately assessed by the supervising sports medicine staff, monitored and reassessed after 24 hours to ensure you remain symptom free. Only after 24 hours of being symptom free will you progress to the next phase. (CARA applies)

**Day 4**  
Symptom Free

**Day 4 symptom free** - sports medicine staff directed and coach monitored full contact practice participation. You will be immediately assessed and monitored and reassessed after 24 hours to ensure that you remain symptom free. (CARA applies)

**Day 5**  
Symptom Free

**Day 5 symptom free:** Full return-to-play for competition. You will be immediately assessed and monitored and reassessed after 24 hours to ensure that you remain symptom free. (CARA applies)



# Academic Accommodations

- Academic accommodations will be provided to athletes who have sustained a concussion
  - “Return to Learn”
- Communication will be between the sports medicine staff and Athletics academic services
- Student athletes may not return to play prior to returning to full academic participation



# Additional Testing

- **Buffalo Concussion Treadmill Test (BCTT)**
  - An exercise test utilized to begin safe physical activity as soon as possible following injury, and supervised by your athletic trainer
- **Impact**
  - May be utilized in conjunction with Swedish Hospital for specific cases requiring more information prior to return to play
  - No baseline testing



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