

CONCUSSION UPDATE

High School Rules Change 2010

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New Language- NFHS

- “Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care official”

CIF BYLAW

- **Bylaw 313**

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day.

- A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and **receives written clearance** to return to play from that health care provider.

Multi-layered Approach

- Physical Exam
- Rules and Policies
 - Game Rules
 - Standardized Assessment
 - Return to participation protocols
- Prevention Education “knowledge transfer”

What is a Concussion?

- A type of Traumatic Brain Injury
- A **concussion** is a disturbance in brain function caused by a direct or indirect force to the head.
- It results in a variety of nonspecific symptoms and *often* does not involve loss of consciousness.

Facts-CDC

- Brain injuries cause more deaths than any other sports injury. In football, brain injuries account for 65% to 95% of all fatalities.
- Football injuries associated with the brain occur at the rate of one in every 5.5 games.
- In any given season, 10% of all college players and 20% of all high school players sustain brain injuries.
- High school athletes' recovery times for a sports concussion are longer than college athletes' recovery times.

Facts - CDC

- An athlete who sustains concussion is 4-6 times more likely to sustain a second concussion.
- Athletes are apprehensive about reporting concussive episodes.
- Effects of concussion are **cumulative**; athletes who return to play prior to complete recovery suffer more severe symptoms of longer duration.

Guidelines- Best Practice

- Zurich Guidelines
- “Many athletes may seemingly “normalize” within minutes of an injury, but then have a recurrence and potential worsening minutes to hours later”.
- “This concept suggests that **very rarely** should an athlete with a suspected concussion return to the game on the same day of an injury”.

Game Time Issues

- Multiple mechanism
- Athletes often do not report symptoms
- Many symptoms are delayed
- Many symptoms are subtle
- Symptoms are worse with exertion

SIGNS- What you might observe

- Athlete appears dazed or stunned
- Confused about an assignment
- Forgets an instruction
- Asks teammates orientation questions
- Moves clumsily, loses balance
- Sluggish
- Goes to the wrong huddle or sideline
- Irritable, excessive emotions
- Slow reaction- play passes them by
- Loss of consciousness

SYMPTOMS What the athlete might describe

- Double vision
- Blurry, fuzzy vision
- Dizzy, confused
- Headache
- Unable to focus
- Loss of memory
- Ringing ears
- Pressure in head
- Feeling tired
- Light hurts my eyes
- Feels nauseous

Best Practice

- No Athlete should return to play the same day as the injury.
- No Athlete should return to play unless they are symptom free.

Stages of progression for RTP

- There should be approximately 24 hours (or longer) for each stage
 - 1. rest until asymptomatic (physical and mental rest)
 - 2. light aerobic exercise (e.g. stationary cycle)
 - 3. sport-specific exercise
 - 4. non-contact training drills (start light resistance training)
 - 5. full contact training after medical clearance
 - 6. return to competition (game play)

Summary

- An estimated twenty percent of all high school athletes participating in contact sports suffer a concussion each season.
- Concussions occur when a blow to the head or neck interrupts brain function.
- The effects of these concussions vary between individuals, and many mild concussions are undiagnosed and unreported.
- Most athletes recover from concussions completely and can return to play following an appropriate period of recovery.
- Sharing information about concussions and putting in place rules and standardized protocols can help reduce the risk of serious or long term injuries to the athlete.
- Maintain a high level of suspicion.

QUESTIONS?