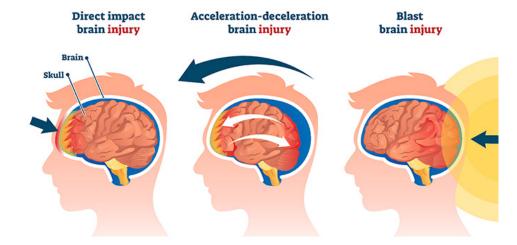
MSA INJURY FACT SHEET



CONCUSSION



VITAL STEPS FOR A SUSPECTED CONCUSSION

- Recognising a suspected concussion; (often requires parental input)
- Removing the player from the game;
- Referring the player to a **medical doctor for assessment**
- Following a graduated return to school and sport protocol

DANGERS OF RETURNING TO SPORT TOO EARLY

- If your child returns to sport too soon, they increase their chance of sustaining another head injury/concussion.
- The dangers of repeated concussions are well documented
- Following repeated concussions your child may be recommended to avoid contact sports for a period of time to ensure their safety

RETURN TO PLAY RECOMMENDATIONS

- Children/adolescents should not return to physical activity until they have successfully returned to school
- A Graded Return to School & Sport should be followed
- <u>See Concussion Management Flow Chart as recommended by AIS</u> <u>and Sports Medicine Australia for Children under 18yrs</u>

Children should not return to contact/collision activities before 14 days from complete resolution of all concussion symptoms

MSA INJURY FACT SHEET



Diagnosis of concussion

No return to sport

Deliberate physical and cognitive rest [24-48 hours]

Graduated return to learning activities Light aerobic activity (until symptom-free) If there is any significant and sustained deterioration in concussion symptoms, further rest from specific trigger activity

Basic sport-specific drills which are non-contact – no head impact (24 hours)

Recurrence of concussion symptoms

More complex sport-specific drills which are non-contact – no head impact – may add resistance training (24 hours)

Recurrence of concussion symptoms

Children should not return to contact/collision activities before 14 days from complete resolution of all concussion symptoms

Medical review before return to full contact training

If not medically cleared, any further activity to be determined by medical practitioner

Return to full contact training [24 hours]

Recurrence of concussion symptoms

COMPLETE FORMAL MEDICAL REVIEW

Return to sport

Recurrence of concussion symptoms

COMPLETE FORMAL MEDICAL REVIEW







