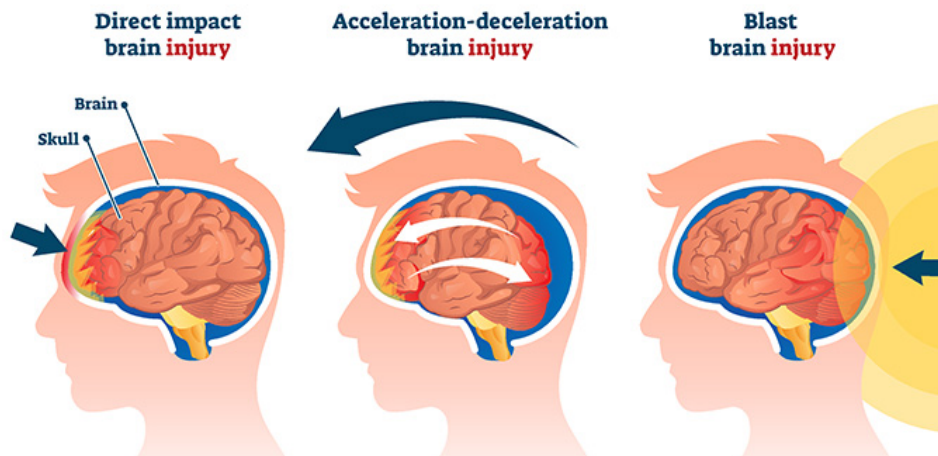


# MSA INJURY FACT SHEET



## 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
- **See Concussion Management Flow Chart as recommended by AIS and Sports Medicine Australia for Children under 18yrs**

**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]

