



Athlete \_\_\_\_\_

Date \_\_\_\_\_

## Concussion Parent Form

Your son/daughter sustained a concussion and to make sure that he/she recovers properly, please follow the following important recommendations:

<b>Red Flags! Call your doctor or go to local emergency department if you suddenly experience any of the following</b>			
Headaches that worsen	Look very drowsy, can't be awakened	Can't recognize people	Unusual behavior change
Seizures	Repeated vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred Speech	Weakness or numbness	Loss of Consciousness

Rest is the key to Recovery:

- Do not participate in any physical activity until signs and symptoms have decreased to near normal.
- Limit your cognitive, thinking, and concentration activities as these may make symptoms worse or slow recovery progress.
- Also limit TV, electronic games, videos and other computer related work.
- As signs and symptoms decrease normal activities may return.

Parents, coaches, athletic trainers, teachers all will be needed to help student/athlete recover and be released to continue in sports.

### During recovery, the following symptoms may be present

Physical		Cognitive/Thinking	Emotional	Sleep
Headaches	Sensitivity to light	Feeling like "in a fog"	Irritability	Drowsiness
Nausea	Sensitivity to noise	Difficulty concentrating	Sadness	Sleeping more than usual
Fatigue/Low energy	Pressure in head	Difficulty remembering	Feeling more emotional	Sleeping less than usual
Blurred vision	Vomiting	Feeling slowed down	Nervousness/Anxious	Trouble falling asleep
Balance problems	Dizziness	Confusion		
Numbness/Tingling/Neck Pain				

It is OK to :	There is NO need to:	Do Not:
Use acetaminophen (Tylenol) for headaches	Check eyes with flashlight	Take other medications
Use ice pack on head and neck as needed for comfort	Wake up every hour	Consume large amounts of caffeine or sugar
Eat a light diet and drink plenty of water	Test reflexes	
Return to school		
Go to sleep		
Rest (No strenuous activity)		

Please remind your son/daughter to report to the athletic trainer upon returning to school or practice for a follow-up evaluation. APS concussion protocol requires that the Athletic Trainer monitor and release the student/athlete back into participation through the established protocol.

Other recommendations:

Please feel free to contact me if you have any questions :

**Name**

**Position**

**Contact number**

### Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night. Keep a consistent sleep schedule, weekdays and weekends.
2. Take naps or rest breaks when you feel tired or fatigued.
3. Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.
  - Physical activity includes PE, sports practices, weight training, running, exercising, heavy lifting etc
  - Thinking and concentration activities such as homework, class work load, job-related activity, etc.
  - Limit TV, electronic games, videos and other computer related work.
4. Drink lots of clear fluids and eat properly to maintain appropriate blood sugar levels. Carbohydrates and protein are both important. Proper hydration also aides in recovery
5. As symptoms decrease, you may begin to gradually return to daily activities. If symptoms worsen or return, lessen your activities and wait 24 hours before gradually increasing again

### Returning to School

1. If you (or your child) are still having symptoms of concussion, you may need extra help in performing school-related activities. As the symptoms decrease, the extra help and support can be gradually removed as well.
2. Each school will have a system in place to inform and have school personnel in contact with your child as to what to watch for and what steps need to be taken to ensure their academic success. Contact School Athletic Director for process.

Symptoms to watch for but not limited to:

- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Greater irritability, less able to cope with stress
- Symptoms worsen (e.g. headaches, tiredness) while doing school work

### Returning to Sports

**You should NEVER return to play if you still have ANY symptoms** – Be sure that you do not have any symptoms at rest and while doing any physical activity and/or thinking. State Law does require a minimum of 10 days to return to full participation.

- Returning to play should occur in gradual steps beginning with aerobic exercise only to increase your heart rate (stationary bicycle); moving to increasing your heart rate with movement (running); then adding controlled contact if appropriate; and finally return to competition.
- Pay careful attention to your symptoms and your thinking and concentration skills at each stage of activity. Move to the next level of activity only if you do not experience any symptoms for **24 hours at each level**. If your symptoms return, notify your Athletic Trainer, return to the first level, and restart the program gradually.

#### Gradual Return to Play Procedure

**24 hours is required with no increase in symptoms before moving from one level to the next level. Each step may take more than one day to accomplish.**

1. No physical activity until near asymptomatic (no symptoms) for minimum of 24 hours.
2. Low levels of physical activity with no symptoms during or after. This includes walking, light jogging, light stationary biking, and light weight lifting (low weight, higher reps, no bench, no squat)
3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity stationary biking, moderate-intensity weightlifting (reduced time and/or weight)
4. Heavy levels of physical activity (limited contact). This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills.
5. Full contact in controlled activity.
6. Full unrestricted activity.