

Center Grove High School Athletic Training Concussion Protocol

Athletic Trainers:

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What is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. Concussions can occur without loss of consciousness. Signs and symptoms can appear immediately or not appear for a few hours or days post-injury. If a concussion is suspected, the individual should be removed from activity and assessed by an athletic trainer or licensed physician. The severity of a concussion depends on many factors and is not known until symptoms resolve and brain function is back to normal.

Concussion Symptoms

Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Different symptoms can occur and may not show up for several hours. During recovery, exercising or activities that involve a lot of concentration (studying, working on the computer/iPad, or playing video games) may cause concussion symptoms to reappear or get worse.

Common symptoms include:

- Headache
- Confusion
- Amnesia/difficulty remembering
- Balance problems
- Irritability
- Dizziness
- Difficulty concentrating
- Feeling sluggish, foggy, or groggy
- Nausea
- Sensitivity to noise
- Sensitivity to light
- Slowed reaction time
- Feeling more emotional
- Sleep disturbances
- Loss of consciousness

Why Should I Report My Symptoms?

- Your brain is the most vital organ in your body
- Practicing or playing while still experiencing symptoms can prolong the time it takes to recover and delay return to play
- Unlike other injuries, there may be significant consequences to “playing through” a concussion
- Repetitive brain injury, when not managed promptly and properly, may cause permanent damage to your brain
- While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover and the likelihood of long term problems

**All concussions are serious. Don't hide it, report it. Take time to recover.
It's better to miss one game than the whole season.**

ImPACT Baseline and Post-Injury Testing

Baseline testing is used to aid the clinician in the post injury management process by providing data that represents an athlete's brain function in an uninjured state.

Neurocognitive testing is the “cornerstone” of modern concussion management. It gives healthcare

providers objective data to evaluate a patient's post-injury condition and aids in tracking recovery for safe return to activity. Our team physicians are credentialed ImPACT specialists. ImPACT is an objective tool to support trained healthcare providers in making sound return to activity decisions following concussions. It's a computerized test that measures memory, attention span, visual and verbal problem solving. ImPACT has two primary uses: before the onset of an activity, a baseline test is conducted to measure the athlete's performance baseline. In the event of an injury, a post-injury test is administered and compared to the baseline and/or normative data scores.

ImPACT testing is required for Freshman, Juniors and transfer students (Football, Boys & Girls Soccer, Volleyball, Cheer, Boys & Girls Basketball, Wrestling, Boys & Girls Diving & Cheer, Baseball, Softball, Boys & Girls Track Hurdles & Pole Vaulters, Sound System & Surround Sound members, Color guard members) Baseline testing will be completed before the first scrimmage/game.

Concussion Procedures

1. Athlete Suspected of or Has Sustained A Concussion/MTBI

1. Any athlete suspected of sustaining a concussion or a head injury should immediately be removed from practice/game and evaluated by the athletic trainer or medical doctor on site. The coach, athlete and/or parent should contact the athletic trainer to notify them of the suspected head injury.
2. The athlete needs to report to the Athletic Training Room for evaluation. The athletic trainer (AT) will perform an evaluation & administer the Sports Concussion Assessment Tool 5 (SCAT5) within (24-36) hours of the incident. SCAT5 test results will be reviewed by AT.
3. If a concussion is confirmed by the schools medical person the athlete is not allowed to return to a practice or game until the athlete is cleared in writing by a physician trained in the management of concussions and head injuries. The athlete will be placed into Phase 1 of the Concussion Protocol. The athlete will be restricted to total rest & no physical activity. This includes no texting, gaming, computers, iPads, etc.
4. The athletic trainer will provided the athlete with the Return to Learn Academic Restrictions Form to turn into the guidance office. This will be sent to the athlete's teachers notifying them of the injury and recommended guidelines for school.
5. The athlete will report to the athletic training room every day after school and complete the daily symptom tracker.
6. Once the athlete is symptom-free for 24 hours the athlete will then enter Phase 2, the graduated return to play

Return To Play (RTP) Criteria

After a concussion, an athlete can only return to participation with the approval and under the supervision of their health care provider. The athletic trainer will monitor the athlete through each stage of the graduated return to play protocol.

1. In-office evaluation & release from Medical Doctor or Doctor of Osteopathy (MD or DO) possessing training in concussion management & treatment,
2. ImPACT post-concussion test completed & reviewed by MD or DO, and;
3. Completion of gradual progression for return to play
 - a. Once concussion-related symptoms have resolved, the athlete should continue to proceed to the next stage if he/she is able to perform each activity without a recurrence of concussion-related symptoms. If symptoms appear during or after the exercise the athlete will not be able to continue to the next stage until he/she is symptom free.

****A Doctor's note must be turned in to the athletic trainer in order to return to full participation.****

Concussion Management Specialist/ImPACT Testing:

CGHS Team Physician: *Dr. John Baldea (IU Health-Greenwood/Indy South) 317-865-6750*

Dr. Thurman Alvey	Methodist Sports Medicine-Greenwood	317-817-1200
Dr. Jeffrey Peterson	St. Francis Sports Med-Indy South	317-781-1133
Dr. Daniel Kraft	Community Hospital South	317-497-6024
Dr. Todd Arnold	St. Vincent Sports Performance-Northwest Indy	317-415-5795
Dr. Dave Dunkle	Johnson Memorial Hospital-Greenwood	317-535-1876