

CGCSC Athlete Concussion Information for Parents

Your child is suspected to have sustained a concussion while at a practice, game or other school related activity. He/She has been removed from **ALL** activity until the following occurs:

1. Your child will need to be evaluated by a licensed health care provider trained in the evaluation and management of concussions and head injuries. Attached is a list of providers in our local area **OR** you may contact the CGMS Athletic Trainer for a complete concussion evaluation. **IF YOU CHOOSE TO HAVE YOUR CHILD EVALUATED BY A DOCTOR AND HE/SHE IS DIAGNOSED WITH A CONCUSSION, YOUR CHILD WILL ALSO NEED TO BE EVALUATED BY THE CGMS ATHLETIC TRAINER IN ORDER TO BEGIN THE RECOVERY PROCESS. THIS SHOULD BE DONE THE DAY AFTER BEING DIAGNOSED.**

Rob Kalmes LAT, ATC, NASM-CES
Cell #: 317-450-4794
MSC Office #: 317-882-9391 ext. 2119
MSN Office #: 317-885-8800 ext. 5164
Email: kalmesr@centergrove.k12.in.us

The CGMS Athletic Trainer hours are different every day depending on game schedule but generally M-F 1:00pm – 6:30pm and alternates between both middle schools.

2. Upon return to school after a concussion diagnosis, your child will be given a symptom checklist by the Athletic Trainer to complete daily. While at school, he/she will meet with the nurse at the same time each day to complete the checklist. On weekends or breaks, you and your child will complete the checklist at home. Your child will remain in Phase 1 until they are symptom free. Complete physical rest and possible academic accommodations are advised. If needed, contact your child's counselor for assistance with setting up accommodations.

3. Once your child has been symptom free for 24 hours, the nurse will contact the CGMS Athletic Trainer. The trainer will then contact coach and you to begin gradual progression through phase 2 of the recovery process.

4. Phase 2 – The Athletic Trainer will reintroduce and gradually increase activity as your child tolerates and remains symptom free. Once progression of activity is successfully completed, the coach will inform you to contact a Concussion Management Doctor (see reverse side for list of local doctors) for reevaluation. **CGCSC policy requires that athletes be evaluated for medical clearance by a concussion management doctor.** Be sure to contact the Athletic Doctor if the doctor you choose does not have online access to the baseline ImpACT test results to obtain a copy for your child's appointment. You will also need to contact the CGMS Athletic Trainer for follow up and a return to play appointment. *Please note that a minimum five (5) day progression of activity is required for Return to Play regardless of when medical clearance is obtained.

Please contact Rob Kalmes for any questions that you may have regarding this information.

Concussion Management Specialists

These clinicians have been trained to administer, read, and interpret ImpACT test results. They can access Indiana Sports Concussion Network baseline tests from high schools in their region. Athletes suspected of having a concussion are advised to visit one of these clinicians for evaluation and to take the post-recovery ImpACT test.

This is not a complete list of providers. For a complete list of ImpACT trained clinicians in Indiana please go to www.indianasportsconcussionnetwork.com.

Dr. John Baldea – CGCSC Team Physician

Dr. Diego Diaz

(IU Health Orthopedics & Sports Medicine)
8820 s Meridian, Suite 200, 46217

317-865-6750

Dr. Thurman Alvey (Methodist Sports Medicine)

1401 W County Line Rd, 46142

317-708-6803

Dr. Todd Arnold (St. Vincent Sports Performance)

13861 Olio Rd, Suite 302, 46037

317-415-5795

Dr. David Booth (Southpointe Community Physicians)

3000 S SR 135, Suite 200, 46143

317-535-4073

Dr. Dave Dunkle (Johnson Memorial)

3000 S SR 135, Suite 200, 46143

317-535-1876

Dr. Robyn Fean

Dr. Jeffrey Peterson (St. Francis Sports Medicine)

7855 S Emerson Ave, Suite P, 46237

317-781-1133

Dr. Ryan Grimm (Community Health Network)

333 E County Line Rd, Suite B, 46143

317-497-6800

Dr. Kevin Jones (IU Health – Mooresville)

820 N Samuel Moore Parkway, Suite C 46158

317-483-5080

Dr. Daniel Kraft (Community Hospital South)

1030 E County Line Rd, Suite B-3, 46227

317-497-6024

Dr. David Hall (Community Hospital East)

Dr. Robert Sloan

1400 N. Ritter Ave, Ste. 479, 46219

317-355-1470

Concussion Recovery Phases

Phase 1 – No Activity

Athlete remains in this phase as long as they continue to report symptoms.

SCAT 3 & ATC evaluation within 24-36 hours of incident

Complete physical and cognitive rest

Phase 2 – Gradual Progression to Return to Sport

This phase begins when athlete is symptom-free for 24 hours.

Athlete may schedule MD evaluation & post-concussion neurocognitive testing

Day 1

Light aerobic exercise - Walk to jog, swimming or stationary bike keeping at 70% maximum predicted heart rate

No resistance training

Day 2

Moderate aerobic exercise - Jog to run, agility drills, sport-specific activities, light resistance training

No head impact activities

Day 3

Aerobic exercise - Run, agility drills, sport-specific activities

Non-contact drills only, No one on one or team drills

Progression to more complex training drills

Resume aggressive resistance training

Day 4

MD clearance & pass neurocognitive testing

Full contact practice, participate in normal training activities

Coaching Staff should assess functional skills.

Day 5

Resume full, unrestricted practice & games

“THREE STRIKES RULE”

You have been diagnosed with a concussion. It is extremely important to rest your brain after this type of injury. Your brain cannot heal if you do not rest when you feel symptoms (such as headache, dizziness, extra tired, nausea) return or worsen in intensity. With this in mind, we would like you to follow the “Three Strike Rule” which is explained below.

- If any activity makes you feel worse (**Strike**), take a break (put your head down/remove yourself from the activity) until you feel better. It is then okay to try the activity again.
- If the same activity makes symptoms worse a **2nd time**, then stop that activity for the day (**2 strikes and you’re out for the same activity/class**).
- If symptoms get worse a **3rd time**, then go home for the day (**3 strikes and you’re out for the school day**).

Your teachers will be made aware of your concussion, but it is still important for you to let them know if you are experiencing symptoms. Remember, you play a crucial role in your recovery so be sure to “listen” to your body and follow these steps so you can be back to feeling like yourself again soon!