

Cerebral Concussion (MTBI) Return to Play Protocol Augustana University

The following Return to Play protocol will be utilized by the sports medicine staff of Augustana University with the management of a student athletes head injury. The following steps will be followed as a guideline to return the student athlete to physical activity.

- All student athletes participating in baseball, men’s and women’s basketball, football, women’s soccer, softball, spirit squad, volleyball, wrestling and pole-vaulters in track and field are required to participate in computerized ImpACT baseline testing.
- Student athletes who have sustained a cerebral concussion (MTBI) must be cleared by the team physician prior to returning to any level of physical activity and/or academics.
- Once the student athlete self-reports that they are symptom free of their concussion, the student athlete will more than likely re-take the computerized ImpACT test. The team physician will review the ImpACT test and compare the test scores to the baseline test. He/she will then make a decision on the student athlete’s ability to return to cognitive and/or physical activities based upon a step wise progression.

Return to Play / Step Wise Progression

- Athletes will not be returned to play the same day of sustaining a cerebral concussion.
- Athletes must be asymptomatic at rest, re-take the ImpACT test and be asymptomatic with each of the following levels of progression before they will be allowed to return to physical activity.
- The team physician will determine an athlete’s return to play status.
- Each step must be successfully completed without any return of concussive symptoms.
- Generally, only one step will be performed within a 24-hour period unless directed by physician.

<u>Rehabilitation Stage</u>	<u>Functional Exercise</u>	<u>Objective</u>
No Activity	Physical and cognitive rest	Recovery – asymptomatic Return to academics
Light aerobic exercise	Walking, swimming, stationary bike No resistance training	Increased heart rate <70% maximal heart rate
Sport specific exercise	Individual drills within a non-contact environment	Add movement and increase duration of exercise
Non-contact practice	Advanced position drills and resistance training	Exercise, coordination and cognitive load
Full contact practice	Following medical clearance participate in normal training activities	Restore confidence and assess functional drills by coaching staff
Return to Play	Full return to sport without limitations	Full recovery

