Sports Concussion
(Office-based instructions from your Health Care Provider)

You have been diagnosed with a concussion (also known as a mild traumatic brain injury). This personal plan is based on your symptoms and is designed to help speed your recovery. Your careful attention to these instructions can also prevent a worsening condition or further injury.

Rest is the key. It is very important to limit all physical activity. Particularly, you should not participate in any high-risk activities (e.g., sports, physical education (PE), skateboarding, riding a bike, etc.) if you still have any of the signs and symptoms below.

It is also important to limit activities that require a lot of thinking or concentration (e.g., test taking, homework, job-related activities), as this can also make your symptoms worse and your recovery longer. If you no longer have any signs or symptoms and believe that your concentration and thinking are back to normal, you can slowly and carefully return to your daily activities. If you are a child or teenager, get help from your parents, teachers, coaches, and athletic trainers to help monitor your recovery and return to activities.

Common Signs & Symptoms
It is common for a concussed child or young adult to have one or many concussion signs or symptoms. Signs or symptoms present at time of evaluation are circled or checked.

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>THINKING</th>
<th>EMOTIONAL</th>
<th>SLEEP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Sensitivity to light</td>
<td>Feeling mentally foggy</td>
<td>Irritability</td>
</tr>
<tr>
<td>Nausea</td>
<td>Sensitivity to noise</td>
<td>Problems concentrating</td>
<td>Sadness</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Numbness/Tingling</td>
<td>Problems remembering</td>
<td>Feeling more emotional</td>
</tr>
<tr>
<td>Visual problems</td>
<td>Vomiting</td>
<td>Feeling more slowed down</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Balance problems</td>
<td>Dizziness</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Red Flags
Call your doctor or go to your emergency department if you suddenly experience any of the following:

- Headache that worsens
- Feel very drowsy or can't be awakened
- Can't recognize people or places
- Unusual behavior change
- Seizure
- Repeated vomiting
- Increasing confusion
- Increasing irritability
- Neck pain
- Slurred speech
- Weakness or numbness in arms or legs
- Loss of consciousness

Returning to Daily Activities
- Get lots of rest. Be sure to get enough sleep at night—no late nights. Keep the same bedtime weekdays and weekends.
- Drink lots of fluids and eat carbohydrates and protein to maintain appropriate blood sugar levels and caloric intake.
- During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
- Repeated evaluation of your signs and symptoms is recommended to help guide recovery.

Physical Exertion (check all that apply)
- No physical exertion/athletics/gym class
- Begin return-to-play protocol as indicated below

- Low levels of physical activity (only if symptoms do not come back during or after the activity). This includes walking, light jogging, light stationary biking, and light weight lifting. (lower weight, higher reps, no bench, and no squat)

- Moderate levels of physical activity with some non-rapid body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting. (reduced time and/or reduced weight from your typical routine)

- Heavy, non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement)

- Full contact in controlled practice
- Full contact in game play

Brain Exertion (check all that apply)
- No school, homework, or other after school academic activities
- No reading or texting
- No driving
- No computer time or video games
- Limit television time
- Avoid loud noise and bright lights
- Allow listening to low-volume music (i.e., iPod, book on tape, etc.)
- Allow light reading for _____ minutes at a time, for a total of _____ minutes per day
- Allow homework for _____ minutes at a time, for a total of _____ minutes per day
- Allow computer work for _____ minutes at a time, for a total of _____ minutes per day
- Allow texting for _____ minutes at a time, for a total of _____ minutes per day