

Lincoln Orthopedic Center

Concussion Management Protocol

No athletes should return to contact competitive sports until they are symptom free, both at rest and with exercise and have normal neuro-cognitive testing.

Usually, concussed athletes will start to recover rapidly once the feelings of fogginess and being slowed down disappear. Students may literally wake up one morning and say, "Wow, I'm back to normal!"

When they have no headaches *or other concussion symptoms* and neuro-cognitive testing is normal (eg IMPACT) athletes can begin the concussion graduated return-to-play exercise program that was recommended at the Prague Concussion Conference:

Day 1: Walking for 20-30 minutes at a rate of 2-1/2 miles per hour, target heart rate approximately 40% maximum□

Day 2: Jogging for 20-30 minutes target heart rate 40-60% maximum□

Day 3: Running for 20-30 minutes and agility drills target heart rate 60-80% maximum□

Day 4: Performing sports specific practice drills target heart rate 80-90% maximum□

Day 5: Maximal exertion - Return to contact sports **if no symptoms with exertion/exercise program**

If headaches or other symptoms occur, during any step, the activity needs to be stopped. The athlete should then wait 24 hours and start at the previous level again.