

How long will my child have symptoms?

Every child reacts differently to injury especially when it comes to the brain. There is no good answer to how long they will have symptoms. Watching TV, playing video games, using the computer and even school work can sometimes prolong the symptoms and should be avoided until they have been properly evaluated by your Licensed Athletic Trainer or a Physician. If you have concerns about your child and school do not hesitate to contact their teachers, counselors and administration.

Zurich Consensus Statement, 2009

My child is feeling better, when can they return to activity?

Now that your child has returned to full time school work and is not suffering any symptoms from their concussion we can start the return to play progression. These guidelines are the result of the latest international medical conference on concussions in sport that was held in Zurich in 2008. There are many grading scales and return to play recommendations, but this is the most current and up-to-date information available. Every child and concussion is different and unique and will need to follow their own return to play protocol. These guidelines are a minimum standard that should be followed. The longer your child suffered symptoms the more time there should be between each step. In accordance with RCW 4.24.660 all return to play decision will be made by a licensed health care provider that is trained in the evaluation and management of concussions and not the coach or parent. A Licensed Athletic Trainer or Physician will be able to help with the return to play decision and progression.

Steps to Return to Play after a concussion

Athletes should not be returned to play the same day of injury. There should be approximately 24 hours (or longer) for each stage and the athlete should return to stage 1 if symptoms recur.

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Step 1. No activity, complete rest. Once asymptomatic, proceed to step 2	Step 4. Non-contact training drills.
Step 2. Light aerobic exercise such as walking or stationary bike, elliptical, no resistance training.	Step 5. Full contact- If seen by a physician you must have a signed note by the physician to be cleared for full practice
Step 3. Sport specific exercise (e.g., skating in hockey, running in soccer), progressive addition of resistance training at steps 3 or 4.	Step 6. If all steps have been completed symptom free, they are cleared to play in the next contest.

With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post-concussion symptoms occur, the patient should drop back to the previous asymptomatic level and try to progress again after being symptom free for at least 24 hours.

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For further information on return to play you can look at the following websites:

<http://www.cdc.gov/ConcussionInYouthSports/>