

If in doubt ... sit them out ...

What is concussion?

Concussion is a type of tramatic brain injury resulting in a disturbance of brain function. It affects the way a person thinks, feels and remembers things. Concussion occurs through a collision such as a bump, jolt, blow or hit directly to the head or via contact to the body that causes the head to move rapidly back and forth.

Note: Concussion can also occur with relatively minor knocks.

Concussion can affect an individual in a variety of ways including:



How to Recognise Concussion?

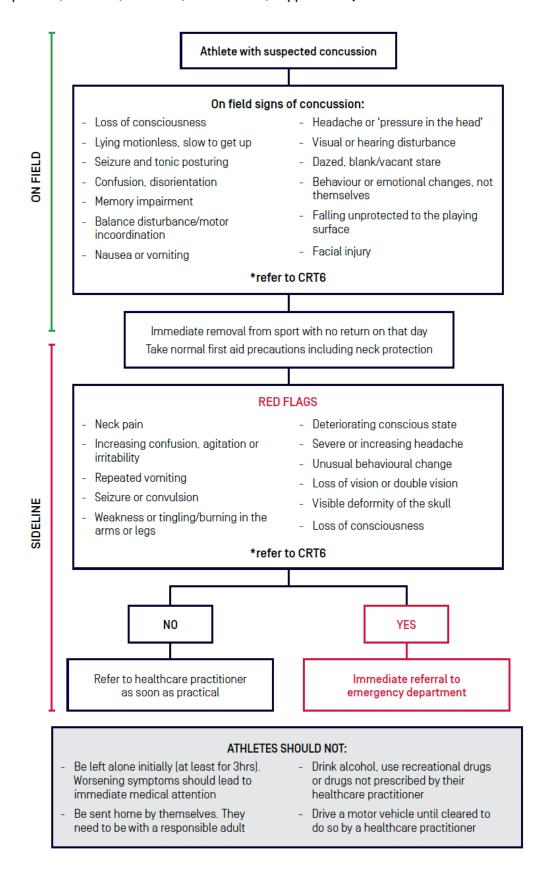
If any of the following signs or symptoms are present following an injury, the individual should be assumed to have concussion and must be immediately removed from training or competition and be assessed by a medical professional.

Headache	Drowsiness	Fatigue or low energy	Nervous or anxious	
"Pressure in head"	Blurred vision	"Don't feel right"	Neck pain	
Balance problems	Sensitivity to light	More emotional	Difficulty concentrating	
Nausea or vomiting	Sensitivity to noise	More irritable	Difficulty remembering	
Dizziness	Sadness	Feeling "slowed down"	Feeling like "in a fog"	

Note: Concussion is an evolving condition. Signs and symptoms may be delayed.

What To Do: Immediate Concussion Management

Figure 1: Non-healthcare practitioner at sporting event where there is a suspicion of concussion [for parents, coaches, teachers, team-mates, support staff]



Graded Return To Sport Framework: For Community and Youth Sport



Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.

Incident Day = 0Recognise, remove from play, rest for 24-48 hours. No contact. Avoid training environment temporarily. Diagnosis of concussion Resumption of activities of daily living (Mild temporary symptoms are acceptable) Light aerobic exercise Start graded return to school or work (Consider modifying days/hours or environment, e.g. working from home, social exposures with school recess or lunch) Healthcare practitioner review recommended at day 3-4 to include SCOAT6 Stationary sport-specific skills with minimal head movements (e.g. partner passing drills from front on only) NO CONTACT OR HIGH-RISK ACTIVITIES Moderate walk or stationary bike [moderate = breathing heavily, but able to maintain a short conversation] Introduction of sport-specific skills involving head movements (e.g. partner passing drills with directional changes, rotations or whilst walking or jogging) Do any activities bring on or exacerbate symptoms? YN Can athlete complete 1-minute of sport-specific skills with head movement without ANY symptoms? Y N Add resistance training Increase cardiovascular activities up to 80% HRmax Initiate sport-specific training drills Increase sport-specific training drills, up to 90% HRmax Return to full capacity of school or work Up to 90% HRmax Up to 90% of full training [NO CONTACT OR HIGH-RISK ACTIVITY] **CHECKPOINT** When symptom-free for at least 10 days Have you remained concussion symptom-free? Y N Is skill-level below what is expected? N Y Do you simply "not feel right"? NY Do you get symptoms during or after activity? NY

> Return to competition simulation Return to competition

Athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings. Youth athletes will always use the more conservative graded return to sport framework for community and youth

Healthcare practitioner review for clearance to return to contact and high risk activities

Return to full contact training

Note:

- > Day of concussive incident is considered 'Day 0'
- > Examples below assume a sport where competiton occurs weekly on a Saturday
- > The 14 day symptom free period does not start until the first day that the athlete is symptom free

Key:



Examples of Return to Sport Time Frames

Athlete symptom-free on day 3 [Tuesday of the 1st week]					
Saturday	5. Saturday	12. Saturday	Saturday	Saturday	
Sunday	6. Sunday	13. Sunday	Sunday	Sunday	
Monday	7. Monday	14. Monday	Monday	Monday	
1. Tuesday	8. Tuesday	Tuesday	Tuesday	Tuesday	
2. Wednesday	9. Wednesday	Wednesday	Wednesday	Wednesday	
3. Thursday	10. Thursday	Thursday	Thursday	Thursday	
4. Friday	11. Friday	Friday	Friday	Friday	

Athlete symptom-free on day 7 (Saturday of second week)					
Saturday	1. Saturday	8. Saturday	Saturday	Saturday	
Sunday	2. Sunday	9. Sunday	Sunday	Sunday	
Monday	3. Monday	10. Monday	Monday	Monday	
Tuesday	4. Tuesday	11. Tuesday	Tuesday	Tuesday	
Wednesday	5. Wednesday	12. Wednesday	Wednesday	Wednesday	
Thursday	6. Thursday	13. Thursday	Thursday	Thursday	
Friday	7. Friday	14. Friday	Friday	Friday	

WHC SSP

Rehabilitation Guide

If my child gets injured on the weekend

Email the Athletic Development Coach relevant to your sport

Football Will Sexton

Netball **Seth Tomlinson** Basketball

Soccer & AAP



Kris Blicavs

Nick Richardson

william.sexton@education.vic.gov.au seth.tomlinson@education.vic.gov.au kris.blicavs@education.vic.gov.au

nicholas.richardson2@education.vic.g ov.au

Details: The injury or suspected injury - any treatment or medical assessment - any notes from medical assessment - likely level of participation

Aim: Allows staff to make more informed decisions - Allows staff time to prepare for alternative activities

SSP Rehabilitation Process

Note: It is STRONGLY recommended that parents of Western Heights Specialist Sports Program students consider private health insurance due to the higher risk of injury in participating in this program

If you choose to use the SSP physiotherapist Mike Snelling

Typical Availability -->

Monday 8-11am

Wednesday 8-11am

Friday 8-11am

Priority for these spaces is given to more serious injuries - Less severe injuries can first be managed by the Athletic Development Coach or you may seek assessment & treatment outside the school - See recommended physiotherapists below

3rd Space Physio: 52 458 059

Barwon Sports Physio: 52 781 211

Consent is given for assessment & treatment when signing up to the SSP program (you can opt out)

The student must first go through their relevant Athletic Development Coach to book in

Feedback via email will be provided on a case by case scenario

As a development based program we are here to advocate for the best interests of the student/athlete - We will help guide their return to play safely - We will aim to keep them engaged in the program however possible through this time!

Email Nick Richardson if you have any questions or concerns

Specialist Referral



10 South Sports Medicine

hello@10south.com.au

52211126

10 W Fyans St, Newtown, Vic 3220

Geelong Sports Medicine Centre

Megan Hamilton

info@gsmc.net.au

52222047

1-5 Ballarat Road, Geelong, Vic 3215

Barwon Sports Physio

Tristian Dower

Info@barwonsportsphysio.com.au

52781121

30 Bellarine St, Geelong, Vic 3220

Neurological Physiotherapy Geelong

Rosie Marsiglio

admin@neurophysiogeelong.com.au

(03) 42070279

158 Fyans St South Geelong, Vic 3220

Brain Recovery Diet (Recommendations)

The following are recommendations to reduce foods that promote inflammation and increase the foods that support brain function and healing.

Avoid:

- Refined sugars and carbohydrates, as these can promote inflammation and impair nerve cell healing.
 - White bread, pasta, white rice, cookies, candy and milk chocolate.
- Artificial sweeteners or colours, as these promote nerve cell death
- Non-free range or corn fed animal products
- Alcohol, as this impairs brain repair and increases inflammation

Consume:

- 3 balanced meals with protein and fibre
 - Good protein sources: wild fish, free range chicken/turkey, beans, tofu
- More fruit and vegetables, as they are full of antioxidants that reduce nerve damage
 - Goal is 8 servings of fruit and vegetables per day.
 - Eat the rainbow by consuming different colours of fruits and vegetables
- Lean cuts of grass fed, free range meats
- Good fats
 - Coconut oil and olive oil 1 Tbs daily
 - Fish salmon, sardines, herring, mackerel, anchovies
 - Flaxseed, walnuts, almonds, chia, cashews
- · Healthy spices, including turmeric and ginger
- Green Tea. Goal is to drink 3-5 cups of sencha or matcha green tea/day.

Notes		