



Celtics Soccer Club – Concussion Information

The information below will serve as an overview of concussion recognition, proper management, and return-to-participation for any Celtics athlete with a suspected concussion. Please note that all Celtics coaching staff are required to complete the Centers for Disease Control (CDC) concussion training annually.

What are the signs and symptoms of a concussion?

<u>Concussion Symptoms</u>	<u>Concussion Signs</u>	<u>Danger Signs for Emergency Referral</u>
<i>(what the athlete may report)</i>	<i>(what others may observe)</i>	<i>(immediate referral to ER is recommended)</i>
<input type="checkbox"/> Headache <input type="checkbox"/> "Pressure" In Head <input type="checkbox"/> Blurred Vision <input type="checkbox"/> Nausea/Vomiting <input type="checkbox"/> Feeling "in a "fog" <input type="checkbox"/> Fatigue/Sleepiness <input type="checkbox"/> Difficulty focusing/concentrating <input type="checkbox"/> Temporary loss of memory <input type="checkbox"/> Sensitivity to light or sound	<input type="checkbox"/> Dazed Appearance <input type="checkbox"/> Balance Problems <input type="checkbox"/> Memory Issues <input type="checkbox"/> Confusion <input type="checkbox"/> Sleepiness/Grogginess <input type="checkbox"/> Personality Changes <input type="checkbox"/> Irritability	<input type="checkbox"/> Unequal pupil size <input type="checkbox"/> Is drowsy or cannot be awakened <input type="checkbox"/> A headache with increasing intensity <input type="checkbox"/> Any reported weakness or numbness <input type="checkbox"/> Repeated vomiting <input type="checkbox"/> Convulsions or seizures <input type="checkbox"/> Slurred speech <input type="checkbox"/> Becomes increasingly confused, restless, or agitated <input type="checkbox"/> Loss of consciousness (even if only a brief amount of time) <input type="checkbox"/> Suspected cervical spine injury

What should you do if you think an athlete has sustained a concussion?

- Remove the athlete from physical activity. An athlete should never return to play the same day as a suspected concussion.
- Athlete should be evaluated by a healthcare provider trained in the evaluation and management of concussion. If the healthcare provider does not believe it was a concussion, player can resume participation with signed note from physician.
- Relative rest is the recommended course of treatment for concussed athletes during the first 24-48 hours.
- Limit visual and auditory stimuli (TV, computer, video games, texting, loud music, etc.) if symptoms increase with use.
- Follow the return-to-participation recommendations of the healthcare provider overseeing care.

Return to Participation (RTP)

Once a qualified healthcare provider has released an athlete to resume physical activity, it is recommended that a Return to Participation (RTP) Protocol be performed to safely return them to athletics. This RTP protocol should be completed under the direction of a qualified healthcare provider. An example RTP Protocol is located in the chart below.

NOTE: There should be at least 24 hours for each stage of the progression. If any symptoms worsen during exercise, the athlete will stop activity for that day. After remaining symptom free for 24 hours, the athlete will return to the previous stage and attempt to complete this stage without the reoccurrence of symptoms.

Stage	Aim	Activity	Goal
1	Symptom-limited activity	Daily activities that do not provoke symptoms	Gradual re-introduction of work/school activities
2	Light aerobic exercise	Walking or stationary cycling slow to medium pace No resistance training	Increase heart rate
3	Sport-specific exercise	Running drills No head impact activities	Add movement
4	Non-contact training drills	Harder training drills, eg, passing drills May start progressive resistance training	Exercise, coordination, and increased thinking
5	Full contact practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6	Return to Sport	Normal game play	

McCrory, P., et al (2017). Consensus statement on concussion in sport – the 5th international conference on concussion in sport held in Berlin, October 2016. British Journal of Sports Medicine. Published Online First: 26 April 2017.

Baseline Testing

Athletico Physical Therapy can offer ImPACT Concussion Testing to athletes of Celtics Soccer Club. [ImPACT](#) (Immediate Post-Concussion Assessment and Cognitive Testing) is an FDA approved computer based neurocognitive test for athletes 12 years of age and older. It is used to establish a baseline of normal cognitive function and, should a concussion occur, compare post-injury testing to the results of the baseline test to aid in an athlete's safe return-to-participation.

ImPACT baseline testing is available for Celtics athletes at the La Grange Park Athletico clinic:

Address: [407 N. La Grange Rd, La Grange Park, IL 60526](#)
 Phone: 708-482-9320

If you believe an athlete has sustained a concussion or have additional questions, please contact Anny Bierman (314-306-6829)