

JUDSON INDEPENDENT SCHOOL DISTRICT
9150 FM 1516 N
Converse, Texas 78109
(210) 945-1252

Parent Concussion Information and Home Instructions

If your child begins to exhibit increases in these symptoms you should seek further medical care:

- Increasing headache
- Nausea or vomiting
- Difficulty or slurred speech
- Balance or coordination difficulty
- Unusual or out of character behavior
- Changes in level of consciousness
- Blurred or double vision
- Disorientation
- Delayed verbal or motor response
- Amnesia
- Stiffness in the neck or weakness in arms or legs
- Blood or clear fluid from nose or ears
- Abnormal drowsiness or sleepiness

Please DO NOT allow your child to:

- Take any medication except Tylenol when indicated by a Dr. or Athletic Trainer
- Engage in any physical activity until evaluated by a Dr. or Athletic Trainer

Please LIMIT your child's:

- TV time, especially violent programs
- Video game playing, and rough housing
- Use of Ipods and Cell phones(texting)

The above can increase your child's symptoms.

In some cases their class work/home work can worsen their symptoms and each child will be evaluated for class modifications as needed.

If you are uncertain about the above symptoms please contact your school's Athletic Trainer or the Athletic Trainer at the High School that your Middle School Athlete will attend.

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Concussion Guidelines And Return to Play Protocol

Return to Play Protocol (Criteria)

- (1) The return to play protocol follows a stepwise progression of activity until full return. Generally each step takes 24 hours to complete. **If at any point the athlete has symptoms of a concussion return during this progression, you must return to Day One of the protocol.**

****A written release must be provided to the Athletic Trainer from the treating physician before the Return to Play Protocol can begin.****

- 1) Concussion with no Loss of Consciousness
 - a. Release from treating physician.
 - b. *Day one* -Asymptomatic for 24 continuous hours AND a return to baseline normal range.
 - c. *Day two* -Light aerobic exercise (e.g., stationary bike for 10-15 minutes).
 - d. *Day three*-Sport specific conditioning. Goal is to have athlete sweat and increase heart rate.
 - e. *Day four*-Non-contact training drills. Practice with no contact (e.g., no pads in football).
 - f. *Day five* -Full contact practice.
Must complete UIL Concussion Management Protocol Return to Play Form.
 - g. *Day Six*- Return to full play.
- 2) Multiple Concussions (Second concussion within 6 month period) or Concussion with Loss of Consciousness
 - a. Out of all activity for a minimum of one week (7 continuous days).
 - b. Physician (recommended concussion specialist) visit and neuro-cognitive testing (Either ImpACT or any physician approved exam).
 - i. Once these two criteria have been met and the athlete has been cleared by the treating physician he/she may begin the return to play protocol.
 - c. *Day one* -Asymptomatic for 24 continuous hours AND a return to baseline normal range.
 - d. *Day two* -Light aerobic exercise (e.g., stationary bike for 10-15 minutes).
 - e. *Day three*-Sport specific conditioning. Goal is to have athlete sweat and increase heart rate.
 - f. *Day four*-Non-contact training drills. Practice with no contact (e.g., no pads in football).
 - g. *Day five* -Full contact practice.
Must complete UIL Concussion Management Protocol Return to Play Form.
 - h. *Day Six*- Return to full play.