

Grey College Return to Play Concussion Testing Protocol

Name & Surname: _____ Supply dates of incidents(s): _____

Sport & Team: _____

Date: _____

Have you had concussion: **Yes** **No** Doctor seen (name): _____

How many times?: _____ Date cleared: _____

Sport Concussion South Africa
The Sport Concussion Programme
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Return to play in contact and collision sports following concussion

<p>1. Complete rest from physical activity - until asymptomatic</p> <p style="text-align: center;">Symptom Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>2. Light aerobic exercise - walking, swimming, stationary cycling. HR range 100 - 140rpm. 5min warm up ; total duration 20min</p> <p style="text-align: center;">Symptom Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>3. More intense sport-specific exercise - running, skipping, weights training. HR range 140 - 180 bpm. 5 min warm up ; duration 25 min.</p> <p style="text-align: center;">Symptom Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>4. Non-contact training drills - passing, cutting, lineout jumping. HR 140 - 180 bpm. 5 min warm up; total duration 30 min.</p> <p style="text-align: center;">Symptom Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>
<p>5. Contact Training - Scrums, Tackle bags, controlled live contact or simulated sport-specific sessions; duration 30 min, HR 140-180 bpm.</p> <p style="text-align: center;">Symptoms Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>6. Asymptomatic at rest and with exertion, normal neuro & cognitive exam. Cogsport returned to baseline / comparative norms.</p> <p style="text-align: center;">Symptom Evaluation:</p> <p style="text-align: center;">Symptom score according to SCAT 3 <i>Details (list symptoms if any)</i></p> <p>_____</p> <p>_____</p> <p style="text-align: center;">If asymptomatic after ___ day(s)</p> <p>Avg HR: _____</p> <p>Date: _____</p> <p>Signature: _____</p>	<p style="text-align: center;">7. Cleared for match play</p> <p style="text-align: center;">Comments:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">Disclaimer</p> <p style="text-align: center;"><i>Herby I declare that</i></p> <p>_____</p> <p style="text-align: center;">has completed all the stages of the return to play concussion protocol.</p> <p>Name: _____</p> <p>Date: _____</p> <p>Signature: _____</p>

Notes

Each stage should last at least 24 hours but longer in recurrent or severe cases.
 Progression to the following stage is governed strictly by the player being asymptomatic - report any headache, dizziness, nausea or other symptoms.
 Should the player become symptomatic, he should return to the previous (asymptomatic) stage and contact the doctor in charge.

Testing Protocols

Stage 2

2. Light aerobic exercise - walking, swimming, stationary cycling. HR range 100 - 140rpm. 5min warm up ; total duration 20min

Protocol description:

Warm Up:

5 min on stationary bike

Exercise:

Get HR between 100 - 140 bpm and maintain desired HR for 15 min on either a stationary bike, treadmill or cross trainer.

Stage 3

3. More intense sport-specific exercise - running, skipping, weights training. HR range 140 - 180 bpm. 5min warm up ; duration 25 min.

Protocol description:

Warm Up:

5 min on stationary bike

Exercise:

Get HR between 140 - 180 bpm and maintain desired HR for 20min.

Option 1

A1 - Body Weight	3
A2 - Dumbbell Chest Press	6
A3 - Mattress Run	16
	1min

Repeat the protocol every minute for 20 minutes

Option 2

A1 - Prone Dumbbell Alt. Rows	3
A2 - Spinning Bike (Heavy Standing)	16 steps
A3 - Shuttle Run (125m)	1
	1min

Repeat the protocol every minute for 20 minutes

Stage 4

4. Non-contact training drills - passing, cutting, lineout jumping. HR 140 - 180 bpm. 5 min warm up; Total duration 30 min.

Protocol description:

Warm Up:

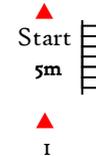
5 min on stationary bike

Exercise:

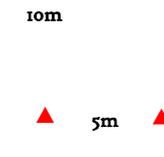
Get HR between 140 - 180 bpm and maintain desired HR for 25min.

Option 1

1. The player starts from a prone position. With a rugby ball he sprints twice through the ladders around cone 1 and backpaddles back to the start. The player must always start from a prone position at the start.



2. The player sprints around cone 2 to cone 3. When the player passes cone 2 he must "chip" or "grubber" the ball and collect the ball at cone 3.



3. At cone 3 the player puts down the ball and pushes the tackle bag on the ground to cone 4.



4. At cone 4 the player do 4 bag slams each side and 3 cycle jumps each side. The player pushes the bag back to cone 3.



5. The player picks up the ball at cone 3 and sprints back to the start and ends in a prone position on the ground. This is one



Complete the whole drill once and recover until the players heart rate falls below 140bpm. Immediately start with the next repetition. Continue in this manner for a total of 25 minutes.

Stage 5

5. Contact Training - Scrums, Tackle bags, controlled live contact or simulated sportspecific sessions; duration 30 min, HR 140-180 bpm.

Protocol description:

Warm Up:

5 min Normal Sport Specific Warm Up

Exercise:

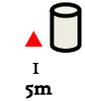
Get HR between 140 - 180 bpm and maintain desired HR for 35min.

Option 1

1. The player does 5 reps of burpies from a prone position.



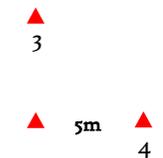
2. The player jumps up and sprints to cone 1 to make a tackle on a tackle bag.



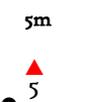
3. The player jumps up, puts the bag upright and sprints to cone 2. The bumping bag must be driven to cone 3.



4. After the tackle bag drive the play must reload and sprint around cone 4 to cone 5 and sprind diagonal-ly through the agility poles.



5. After reaching cone 6 the player must sprint back to the start and end in a prone position on the ground. This is one repetition.



Repeat this drill continuously for 2min. Then rest for 1min. Repeat this for a total of 35 minutes.

