

CENTER MORICHES RETURN TO PLAY PROTOCOL FOLLOWING A CONCUSSION

The following protocol has been established by the State University of New York In The Guidelines For Concussion Management In The School Setting, June 2012.

Protecting Students Athletes is the goal of this protocol.

When an athlete shows any sign or symptom of a concussion:

1. The athlete will not be allowed to return to play in the current game or practice.(24 Hour Minimum)
2. The athlete should not be left alone, and regular monitoring for deterioration is essential over the initial few hours following injury.
3. The athlete should be medically evaluated following the injury.
4. Return to play must follow a medically supervised step by step, graduated return to activities.***(SEE ATTACHED SHEET)
5. Final Clearance must come from the Schools Medical Director or one of the providers below.

Parents/Guardians

1. Be familiar with the signs and symptoms of concussions. *** SEE ATTACHED SHEET
2. Read the return to play protocol.
3. Communicate with the school to assist in transitioning their child back to school and athletics.
4. Provide the school with any written orders or clearance for participation.
5. Report any increase in symptoms to the private medical provider.

RETURN TO PLAY- Steps to complete

1. Written Clearance from a medical professional.
2. Concussion return to play protocol sheet completed and signed by the physician.
3. Student must remain asymptomatic through all stages of return to play protocol.
4. Supervised return to play progression can be completed by physician, physical therapist, nurse or athletic trainer.

IMPORTANT PHONE NUMBERS:

Dr. Shah 929-8787 Chief Medical Officer

St. Charles Hospital Think Smart Concussion Management 476-4323

Orthopedic Associates of Long Island, LLP Dr. Quellar/ Dr. Harary 689-6698