



Christian Academy of Louisville Sports Medicine

Concussion Return to Play Protocol

This protocol will be followed for EVERY Centurion athlete that suffers a concussion. There will be no exceptions to this. It has been developed with the help of Kevin Brown, ATC; head athletic trainer at Eastern High School, Dr. Tad Seifert; director of the Norton Sports Health Concussion Program, CDC guidelines and the Consensus Statement on Concussion in Sport from The 3rd International Conference on Concussion in Sport.

The athlete MUST remain at each level for 24 hours. The athlete will only be progressed by the athletic trainer or doctor.

Levels 1-4 will be monitored and administered by the athletic trainer. Levels 5 and 6 include the athlete returning to practice if cleared by the physician.

Athlete will be closely monitored by athletic trainer, coaches, and parents for any visible return of symptoms. It is very important for the athlete to report and symptoms they are having.

If symptoms return athlete will return to the last level they were able to complete symptom free.

If the athlete has a baseline IMPACT test, that will also be used to assess when the athlete can fully participate.

If you have ANY questions, comments or concerns please feel free contact me via phone or e-mail.

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Level 1: Athlete MUST be symptom free for 24 hours before starting protocol. This includes ALL symptoms no matter how mild.

Level 2:

1. Light Aerobic Exercise for 10-15 minutes. Heart rate should not exceed 30-40% of maximum heart rate (MHR). ($220 - \text{age} = \text{MHR}$).
2. Light stretching
3. Simple balance exercises

Level 3:

1. Aerobic activity for 20-25 minutes. Heart rate should not exceed 40-60% of MHR.
2. Stretching
3. Light strengthening
4. More difficult balance activities incorporating dynamic surfaces.

Level 4:

1. Aerobic activity for 30 minutes. Heart rate should not exceed 60-80% of MHR.
2. Impact activities
3. Dynamic balance activities with sport specific focus
4. Cognitive challenges introduced

Level 5:

1. No heart rate restriction
2. Sport specific aerobic, strengthening, and balance activities
3. Can return to practice in a NON-CONTACT capacity AFTER clearance from physician

Level 6:

1. No heart rate restriction
2. Sport specific
3. Can participate in contact drills AFTER clearance from physician



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