



Christian Academy of Louisville Sports Medicine

Dear Parent or Guardian,

_____ suffered a concussion today.

To make sure that he/she recovers in a safe manner as quickly as possible, please review the following important guidelines.

Please read all the items that are included in this packet. These items include:

- A. The Christian Academy of Louisville Sport Medicine letter to physician. Please take this with you when you visit the doctor for clearance to return to play. Per KHSAA rules, a physician must clear an athlete that is suspected of having a concussion before he or she may return to play (practice, games, etc.) **Neurologist Dr. Tad Seifert, the director of the Norton Sports Health Concussion Program, and has graciously agreed to see all concussed athletes. To schedule an appointment with him please call his office at: 502-899-6782 and ask for Liz.**
- B. A concussion fact sheet from the CDC. Please review this so that you know what to look for in the athlete and what question to ask them. Many symptoms the athlete is feeling they may not realize are important to report.
- C. The Christian Academy of Louisville Sports Medicine's return to play progression. Once cleared by a doctor to START activity, the athlete will begin this progression. They will not be considered full go until this process has been completed and the athletic trainer and physician are in agreement that the athlete is ready. If you have further questions about this please feel free to contact me. This is a very important step in concussion management and something that will be absolutely followed with no exceptions.

After suffering a concussion the athlete should REST until seen by a doctor and given further instructions. Just as you would rest a sprained ankle or strained hamstring, the brain needs to rest. This means:

- NO TV or video games
- NO Texting
- NO Computers
- NO Bright Lights
- NO Loud Noises
- NO Reading
- NO headache medicine other than acetaminophen (Tylenol)

In other words, the athlete needs to sleep! You do not need to wake the athlete up every hour, check their pupils' response to light or test their reflexes. You DO need to take them to the doctor. Please contact me if you need help setting up an appointment. A sports medicine specialist would be preferable in this situation because of the all the misinformation out there regarding concussions. If you are referred the ER or you choose to go to your pediatrician you may receive some different information than is found in this packet. Please follow these guidelines that have been outlined above. They have been created with the information provided by Dr. Seifert and the CDC. If you would like more information please visit www.cdc.gov/concussion/index.html or theconcussionblog.com. Both have excellent tools for parents and athletes.

Please feel free to contact me with any further questions or concerns. Remember concussion management is a team approach and we must work together to ensure the athlete can return to play in the safest way possible. I thank you for your cooperation in this.

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