

CONCUSSION

WHAT'S THE GAME PLAN?

ATHLETIC TRAINERS (ATs) ARE THE FRONT LINE OF DEFENSE.

ATs are trained to recognize, diagnose and treat concussions. They work with concussion specialists to get players safely back to their sport.

1 ASSESSMENT

ON THE FIELD

- The AT might use the SCAT5 assessment tool
- The AT will monitor the player's:
 - Symptoms
 - Balance

- Eye tracking
- Memory

OFF THE FIELD

- The AT might use ImPACT computer testing
- The AT will use more specialized testing to check:
 - Balance
 - Eye tracking
 - Memory

2 REFERRAL

The AT will refer the player to a concussion specialist for a treatment plan. In Kentucky and Indiana, an athlete must be medically cleared to return to play.

3 RETURN-TO-PLAY PROTOCOL

The AT will work with the player, as directed by the concussion specialist, to get the player back to their sport safely.

| STAGE | TRAINING | OBJECTIVE |
|----------------------------|---|-----------------------------------|
| 1. No activity | None; physical and cognitive rest | Recovery |
| 2. Light aerobic exercise | Walking, swimming, stationary bike Heart rate <70% max | Increase heart rate |
| 3. Sport-specific exercise | Sport-specific drills No head-impact activities No contact activities | Add movement |
| 4. Noncontact training | More complex training drills Progressive resistance training Little- to no-contact activities | Exercise, coordination, cognition |
| 5. Full-contact practice | Normal training following medical clearance | Restore confidence |
| 6. Return to play | Game play | Participation |

Athletic Trainer

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