

The 7R's of Concussion Management Tool™

The Injury Management Process **BEFORE** a concussion occurs, when it is **SUSPECTED**, and once it is **DIAGNOSED**.

Designed by - Athletic Therapist Monique Charbonneau MSc RS, CAT(C), BHK, CEP

RESPONSIBILITY

All sports participants are **responsible** for understanding concussion signs/symptoms and the injury management process for concussion.

Players **can** recover from concussion with appropriate injury management.



RECOGNISE & REPORT

Recognise and report signs, symptoms and red flags of concussion **IMMEDIATELY** to a teammate, coach, referee, medical staff, or parent. The onset and resolution of symptoms can be **IMMEDIATE, DELAYED or PROLONGED**. This means symptoms may not occur on the "field of play" and can happen **anytime, and anywhere**. **WARNING - NOT REPORTING** concussion symptoms can result in an increased risk of longer recovery.

Injury Tracking - Document all injuries on a platform like Privit Profile

Resource - Concussion Recognition Tool 5 (CRT5)

REMOVE

If a concussion is **SUSPECTED** and red flags have been ruled out, the player must be **REMOVED** from sport/activity. The player is then directed to a medical provider for SCAT5 evaluation and medical clinic for a comprehensive evaluation from a physician.

If at "anytime" concussion symptoms **WORSEN**, the player must go to the hospital **IMMEDIATELY** for urgent evaluation.

REFER

The player must be referred to a **physician experienced in concussion** for comprehensive evaluation. A player may have a concussion even if SCAT5 results are "**normal**" as symptoms can be delayed. The SCAT5 should not be used as a stand-alone method to diagnose concussion, measure recovery, or make decisions about players readiness to return to sport.

Modifying factors impact the interpretation of results which can include: age, gender, fitness level, mental health (anxiety/depression) learning difficulties, and **PRIOR concussions**.

Resource - 4 Characteristics of a Good Concussion Clinic (casem-acsmc.org) Sport Concussion Assessment Tool (SCAT5, childSCAT5)

REHAB & RECOVERY

Typically recovery from concussion is 10-14 days for adults and 4 weeks for children however the severity of the initial symptoms and modifying factors can contribute to longer recovery. **For persistent symptoms**, in collaboration with a family physician, a team of medical providers "may be necessary" in order to develop an individualized treatment plan to facilitate recovery.

After **24-48hrs** of **PHYSICAL** and **COGNITIVE REST**, players can be encouraged to become gradually more active ensuring that symptoms do not worsen.

Resource - Medical Professional Directory- SportMedBC

RETURN TO LEARN/WORK

The recovery process includes a **gradual re-introduction to daily activities** that for some players include school and work. Restricting or avoiding the activities/tasks that causes the symptoms to get worse at **home school or work**, is very important.

Completion of a gradual return to "**daily activities**" is required **BEFORE** return to school, work or sport can begin.

Resource - Return to School Strategy

RETURN TO PLAY

The Return to Sport Strategy is a gradual 6 stage process from symptom-limited activities to return to sport. Recommendations include 24hrs for each step (or longer) and if symptoms worsen player returns to the previous step.

The Return to Sport Strategy must be guided by a medical professional as **MEDICAL CLEARANCE** is required **BEFORE** Stage 5 (full contact) practice can begin.

Resource - Return to Sport Strategy

Reference

McCroly P, et al. Consensus Statement on Concussion in Sport 5th international conference on concussion in sport, Berlin, 2016. Br J Sports Med Published Online First: 04/26/17

