



# CONCUSSION

**Any athlete suspected of having a concussion should be REMOVED FROM PLAY, medically assessed, monitored for deterioration (NOT LEFT ALONE), and should not operate a motor vehicle.**

## SIGNS AND SYMPTOMS

The presence of one or more signs and symptoms, such as:

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|-------------------------|------------------------|----------------------------|----------------------|
| > Loss of consciousness | > Neck pain            | > Sensitivity to noise     | > Confusion          |
| > Seizure or convulsion | > Nausea or vomiting   | > Feeling like "in a fog"  | > Drowsiness         |
| > Amnesia               | > Dizziness            | > "Don't feel right"       | > More emotional     |
| > Headache              | > Blurred vision       | > Difficulty concentrating | > Irritability       |
| > Pressure in head      | > Balance problems     | > Difficulty remembering   | > Sadness            |
|                         | > Sensitivity to light | > Fatigue or low energy    | > Nervous or anxious |

## MANAGEMENT

Remember problems could arise over the first 24-48 hours. Go to the hospital at once if you:

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| <ul style="list-style-type: none"> <li>• Have a headache that gets worse</li> <li>• Have the appearance of new symptoms</li> <li>• Are very drowsy and can't be woken</li> <li>• Cannot recognize people or places</li> </ul> | <ul style="list-style-type: none"> <li>• Have repeated vomiting</li> <li>• Behave unusually or seem confused; are very irritable</li> <li>• Have seizures</li> <li>• Have weak or numb arms or legs</li> <li>• Are unsteady on your feet; have slurred speech</li> </ul> |
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Other important points:

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|--|---|
| <ul style="list-style-type: none"> <li>• Rest and avoid activity until medically cleared</li> <li>• Do NOT drink alcohol or take sleeping tablets</li> <li>• Do NOT drive until medically cleared</li> </ul> | <ul style="list-style-type: none"> <li>• All medications (including over-the-counter) should be used under physician supervision</li> <li>• Do NOT train or play sports or participate in any activities with risk for further contact until medically cleared</li> </ul> |
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## RETURN TO PLAY PROTOCOL:

Athletes should not be returned to play the same day of injury.

1. Rest until you are asymptomatic (physical and mental rest—no computer games or online chats, no texting, decreased workload)
2. Light aerobic exercise (ex. stationary cycle)
3. Sport-specific exercise
4. Non-contact training drills (start light resistance training)
5. Full contact training after medical clearance
6. Return to competition (game play)

There should be 24 hours or longer for each stage. If symptoms recur the athlete should return to the previous stage. Resistance training should only be started in the later stages.

**MEDICAL CLEARANCE  
MUST BE GIVEN  
PRIOR TO RETURN  
TO PLAY**

**CATA strongly encourages that concussion management be under the supervision of a professional sport health practitioner such as a sports physician, a certified athletic therapist, and/or a neuropsychologist.**



**ATHLETIC THERAPY.**  
*Rapid return to work and play.*

**CATA**

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