

# Concussion management plan for athletes

Baseline testing pre-seasons	Concussion occurs	Post injury assessment	Concussion treatment	Return to learn + play
<p><b>Lifemark schedules teams for ImPACT® baseline testing, prior to start of their season.</b></p> <p>Test location dependent on the number of individuals and location.</p> <p>Medical history &amp; release forms completed by athletes &amp;/or their parents</p> <p>Education is provided for athletes, parents, coaches &amp; teachers on concussion management</p> <p>Lifemark administers tests and ensures all tests are valid.</p> <p>Test results are securely stored by Lifemark.</p>	<p>Coach or trainer conducts a sideline/on field assessment &amp; if concussion is suspected, athlete is immediately removed from play.</p> <p>Emergency medical services, if indicated.</p> <p>MD orders diagnostics, at their discretion.</p> <p><b>Individuals with concussions should be assessed by a healthcare professional to determine the severity of the injury and be given guidelines on rest and activity.</b></p> <p>Rest (cognitive and physical) is typically recommended in the early stages.</p> <p><b>Contact us if you suspect a concussion has occurred.</b></p>	<p><b>A rehab assessment should be provided for any individual who is having persistent symptoms.</b></p> <p>LifeMark clinic provides post injury ImPACT® neurocognitive test. Comparison to baseline test if available. Baseline information not required.</p> <p>Lifemark also assesses:</p> <ul style="list-style-type: none"> <li>• Symptoms</li> <li>• Vestibular and vision deficits</li> <li>• Central nervous system scan</li> <li>• Neck assessment</li> <li>• Functional status</li> </ul> <p>Does athlete require rehabilitation? If so, treatment plan &amp; goals established.</p> <p>Does athlete require referral to another specialist? <b>Assessment</b> report provided by Lifemark.</p>	<p><b>Lifemark treatment team consists of rehab professionals, with additional training in concussion management.</b></p> <p>Rehabilitation provided will address individual deficits, treatment may include</p> <ul style="list-style-type: none"> <li>• Vestibular therapy</li> <li>• Vision exercises</li> <li>• Exertion training</li> <li>• Manual therapy</li> <li>• Massage therapy</li> <li>• Cognitive training</li> </ul> <p>Education on concussion management imperative throughout</p> <p>Lifemark communicates (with permission) to:</p> <ul style="list-style-type: none"> <li>• athlete &amp;/or their parents</li> <li>• other medical professionals – ie – family doctors, specialists</li> <li>• coaches, teachers &amp; school admin</li> </ul>	<p><b>Return to learn</b></p> <ul style="list-style-type: none"> <li>• Priority</li> <li>• Staged return, plan prepared based on cognitive demands &amp; available school modifications</li> <li>• Key school contact identified for athlete</li> </ul> <p><b>Return to play progression/stages</b></p> <ol style="list-style-type: none"> <li>1. No activity</li> <li>2. Light aerobic Ex.</li> <li>3. Sport specific Ex.</li> <li>4. Non-contact training drills</li> <li>5. Full contact practice</li> <li>6. Return to play</li> </ol> <p><b>Medical clearance should be provided before return to play.</b></p>