Concussion Protocol

Name

Instructor

Course

Date

**Concussion Protocol**

A concussion is an injury to the brain. Unlike physical injuries accompanied by bruises and swellings, the impact of a concussion is unseen immediately after an injury. Concussions are determined by symptoms, physical signs, and cognitive tests such as thought process, memory, reaction speed, and attention. Symptoms may not be present immediately after a concussion occurs. As a result, athletes should be monitored for a period of time to identify the concussion. The symptoms should be monitored to prevent a second-impact symptom, which occurs when an athlete continues to play without recovering from the initial concussion (Steadman Philippon Research Institute, 2015).

When an athlete is suspected to have had a concussion, they should be immediately pulled from the sport and not allowed to return until they are cleared by a doctor. The athlete should be allowed to rest for a number of days. When resting, they should avoid activities that are physically or mentally draining such as playing video games or engaging in strenuous physical activity. The doctor should monitor the athlete’s signs and symptoms to evaluate the athlete’s condition. The concussion protocol should be implemented to determine the athlete’s readiness to return to the field. The protocol includes five steps including light aerobic activity, moderate exercise, noncontact exercise, practice of the sport, and return to the sport. If the athlete experiences a return to symptoms in any of the stages, the athlete should be allowed to rest until the symptoms disappear. After that, the athlete should take the protocol test again until the athlete passes the test without showing any symptoms. The doctor should provide a letter of clearance to allow the athlete to go back to the field (Steadman Philippon Research Institute, 2015). The concussion protocol prevents a return to the field with a concussion. As a result, it prevents athletes from return to the field with an injury. In this way, it prevents the worsening of the athletes’ symptoms.

References

Steadman Philippon Research Institute. (2015). Concussions in sports and return to play protocol

*YouTube*. Retrieved from https://www.youtube.com/watch?v=ncdLXECrxO0

The link explains what a concussion is and when a player should get back into the field after a concussion.