

WHAT TO EXPECT AFTER A CONCUSSION

Take Home Instructions

What is OK for your child to do?

- ❖ Get plenty of sleep/rest
- ❖ Drink plenty of water
- ❖ Eat a nutritious diet
- ❖ Inform his/her/their teachers that he/she/they have sustained a concussion.
- ❖ Over the counter non-steroidal anti-inflammatories (i.e. ibuprofen and naproxen) may be given, but parents should exercise caution. Overuse or abuse of NSAIDs may result in “rebound headaches.”

What should your child avoid?

- ❖ Physical activity
- ❖ Eating sweets and spicy and/or greasy food
- ❖ Any cognitive activities (i.e. homework, video games) that worsen symptoms
- ❖ Staring at bright screens for extended periods of time
- ❖ Caffeinated beverages

Return To Academics

Your child may need academic accommodations while recovering from his/her/their concussion. The Hun School Health Services or athletic trainer can provide you with a **Head Injury Care Plan** form for your child's treating physician to complete. Once this form is completed, your child's grade level dean and teachers will be notified of the accommodations specified by the physician.

Return To Athletics

Your child must fully return to academics without accommodations, **must be symptom-free for 24 hours**, and **must be cleared** by his/her/their treating physician prior to beginning the return to physical activity protocol. The protocol is to be done under the supervision of a Hun School athletic trainer or nurse.

- ❖ **Stage 1:** light intensity physical activity (i.e. stationary biking, light jogging, body weight strength training)
- ❖ **Stage 2:** Moderate intensity physical activity with body movement (i.e. running, moderate weight lifting - reduced time and/or resistance)
- ❖ **Stage 3:** High intensity non-contact physical activity (sport specific drills, sprinting, weight lifting)
- ❖ **Stage 4:** Full contact in controlled practice
- ❖ **Stage 5:** Full contact in a game/competition

There must be a minimum of 24 hours between each stage and your child must remain symptom free (during physical activity, rest, and cognitive activity) before advancing to the next stage. The health care providers hold the ultimate return to activity decisions.