

Return to Sports after Concussion Guideline: (according to the American Academy of Neurology, 2013)

- Any athlete suspected of experiencing a concussion should immediately be removed from play
- There is no set timeline for safe return to play
- A high-school (or younger) athlete may take longer for symptoms and neuro-cognitive performance to improve than a college or adult athlete. They should be managed more conservatively in regard to return to play.
- Activities that do not worsen symptoms and do not pose a risk for repeat concussion may be part of concussion management.
- The first 10 days after a concussion appears to be the period of greatest risk for being diagnosed with another concussion.
- An athlete who has a history of 1 or more concussions is at greater risk for being diagnosed with another concussion.
- Licensed health professionals trained in treating concussion should look for ongoing symptoms (especially headache and foggiess) and should evaluate the athlete before returning to play.