

Academy of Notre Dame
Procedures for Management of Sports Related Concussions

With concussions in school age student/athletes becoming more and more of a concern, the Academy of Notre Dame has established a protocol which outlines procedures to be followed in managing head injuries to insure a safe return to activity. We understand the competitive nature of sports, but hold the athlete's health and safety as our top priority.

ImPact (Immediate Post-Concussion Assessment and Cognitive Testing) is a software tool developed by the University of Pittsburgh Medical Center which is used to diagnose and evaluate recovery after a concussion. ImPact evaluates multiple aspects of neurocognitive function which includes memory, attention, brain processing speed, reaction time, and post-concussion symptoms. All athletes will be given a baseline ImPact test which is good for two years. In the event of a head injury, a post concussion test will be administered within 48-72 hours post injury whenever possible. This information is then used as a tool to assist the ATC and treating physician in determining the extent of the injury. The ATC will review the post-test data with the athlete and her parents. The report will be available to the athlete's treating physician.

In the event of a head injury:

- **The ATC will assess the injury using standard tools for sideline cognitive testing. Any athlete who exhibits signs or symptoms of a concussion or abnormal cognitive testing will not be permitted to return to play on the day of the injury. Any athlete who denies symptoms but exhibits abnormal sideline cognitive testing will not be permitted to return to play.**
- **The ATC will immediately refer the athlete to their primary care physician or to the hospital when medically appropriate.**
- **The ATC will give written and verbal home and follow up care instructions.**

Return to play after concussion or suspected concussion:

- **Written clearance from the primary care physician or specialist must be presented for progression to activity. (other than an emergency room physician) The ATC is responsible for progression to activity, monitoring recovery and coordinating the appropriate return to play.**
- **Progression is individualized and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms. An athlete with a prior history of concussion or an extended duration of symptoms will be progressed more slowly.**
- **The ATC will maintain appropriate documentation regarding assessment and management of the injury.**

Athletic Training Services at the Academy of Notre Dame provided by:

Karen Fox, MS, ATC, Pro Physical Therapy

Contact info: _____

Team Physician: Dr. John Kelly, Board Certified Orthopedic Surgeon, Penn Orthopedics, University of Pennsylvania Health Care System