

**Return to Play Guidelines for the
High School Athlete with
Multiple Concussions**



| Return to sport with Multiple Concussions | 1-2 Concussion Same Season | Third Concussion Same Season |
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| Grade I <i>(Mild)</i> | Not allowed to return to same game. Return to sport when asymptomatic with rest & exertion. | Third Grade I injury same season, consider ending season. |
| Grade II <i>(Moderate)</i> | If second Grade II same season, consider ending season. Return only when asymptomatic with rest & exertion. Consider neuro-psychological testing. | Third Grade II injury same season, end of season. |
| Grade III <i>(Severe)</i> | If second Grade III concussion, end of season. Possible return to sport in 3-6 months with normal neuro-psychological testing. | Third Grade III concussion in less than one year, consider ending sport. |

Sport Concussion is defined as any alteration in cerebral function caused by a direct or indirect (rotation) force transmitted to the head resulting in one or more of the following acute signs or symptoms:

- | Observed Symptoms | Symptoms reported by athlete |
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| <ul style="list-style-type: none"> • Appears to be dazed or stunned • Confused about assignment • Forgets plays • Unsure of game, score or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Behavior or personality changes • Forgets events after hit | <ul style="list-style-type: none"> • Headache • Nausea • Poor balance or dizziness • Fuzzy or double vision • Sensitivity to the light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion |

Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness.

Resolution of the clinical and cognitive symptoms typically follows a sequential course.

Concussion is typically associated with grossly normal structural neuroimaging studies

Later Signs of Concussion (post-concussion syndrome)

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|------------------------------|--------------------------------|
| Decreased Processing Speed | Irritability or depression |
| Short-term memory impairment | Fatigue or sleep disturbance |
| Concentration deficit | General feeling of “fogginess” |
| Academic difficulties | |

QUESTIONS?

1-800-446-5684 OR AskSportMed@gcbj.com