

Concussion Grading & Return to Play



What we now know about concussions in adolescents:

- Previous concussion grading scales were based on best guess for professional athletes.
- Adolescents have a greater vulnerability to concussion and a higher risk for poor outcome than older athletes.
- High School athletes diagnosed with a concussion should not be returned to play during the same contest.
- Any athlete experiencing confusion, retrograde or anterograde amnesia and/or loss of consciousness should not return to play without medical evaluation.
- Athlete should be symptom-free at rest and with exertion before returning to sport.
- Guidelines are being replaced with individualized return to play.
- Progression to play should follow a stepwise approach. Athlete should be symptom free for 24 hours prior to advancing to the next level.
 1. Rest until asymptomatic
 2. Light aerobic exercise (stationary cycling)
 3. Sport-specific exercise
 4. Non-contact training after medical clearance (start light resistance training)
 5. Full contact training after medical clearance
 6. Return to competition (game play)
- Proper management of concussion is the best form of future concussion prevention
- Concussions are not graded acutely, only after signs and symptoms of a concussion have completely resolved can a grade be given.

Cantu Evidence-Based Grading System for Concussion	Consciousness	Amnesia	Signs & Symptoms
Grade I <i>(Mild)</i>	No Loss of Consciousness	Post Traumatic Amnesia < 30 minutes	Post Traumatic Signs/Symptoms < 24 hours
Grade II <i>(Moderate)</i>	Loss of Consciousness < 1 minute	Post Traumatic Amnesia > 30 minutes < 24 hours	Post Traumatic Signs/Symptoms > 24 hours < 7 days
Grade III <i>(Severe)</i>	Loss of Consciousness > 1 minute	Post Traumatic Amnesia > 24 hours	Post Traumatic Signs/Symptoms > 7 days

NOTE: An athlete with no loss of consciousness but signs and symptoms of a concussion lasting more than 7 days is graded as a Grade III (severe) concussion. Grading is based on resolution of symptoms. Concussion grading should not be done acutely.

QUESTIONS?

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