

# CONCUSSION MANAGEMENT PLAN FOR ATHLETES

Baseline Testing Pre-Season	Concussion Occurs	Post Injury Assessment	Concussion Treatment	Return to Learn & Play
<p>LifeMark schedules teams for ImPACT Baseline Testing, prior to start of their season.</p> <p>Test location dependent on the number of individuals and location.</p> <p>Medical history &amp; release forms completed by athletes &amp;/or their parents</p> <p>Education is provided for athletes, parents, coaches &amp; teachers on concussion management</p> <p>LifeMark administers tests and ensures all tests are valid</p> <p>Test results are securely stored by LifeMark</p>	<p>Coach or trainer conducts a sideline/ on field assessment &amp; if concussion is suspected, athlete is immediately removed from play.</p> <p>Emergency medical services, if indicated.</p> <p>MD orders diagnostics, at their discretion.</p> <p><b>Contact LifeMark's 1.888.997.2298 (East + Central) or 1.800.665.9947 (West) hotline for assistance in arranging a post injury assessment at a LifeMark clinic.</b></p> <p>Rest (cognitive and physical) is typically recommended in the early stages.</p>	<p><b>Rehab assessment at a LifeMark clinic within the 72 hours post injury.</b></p> <p>LifeMark clinic provides post injury ImPACT neurocognitive test. Comparison to baseline test if available. Baseline information not required.</p> <p>LifeMark Physio also assesses</p> <ul style="list-style-type: none"> <li>• symptoms</li> <li>• vestibular and vision deficits</li> <li>• central nervous system scan</li> <li>• neck assessment</li> <li>• functional status</li> </ul> <p>Does athlete require rehabilitation? If so, treatment plan &amp; goals established.</p> <p>Does athlete require referral to another specialist? <b>Assessment report provided by LifeMark.</b></p>	<p><b>LifeMark treatment team consists of rehab professionals, with additional training in concussion management.</b></p> <p>Rehabilitation provided will address individual deficits, treatment may include</p> <ul style="list-style-type: none"> <li>• Vestibular Therapy</li> <li>• Vision Exercises</li> <li>• Exertion Training</li> <li>• Manual therapy</li> <li>• Massage therapy</li> <li>• Cognitive Training</li> </ul> <p>Education on Concussion Management imperative throughout</p> <p>LifeMark communicates (with permission) to:</p> <ul style="list-style-type: none"> <li>• athlete &amp;/or their parents</li> <li>• other medical professionals – ie – family doctors, specialists</li> <li>• coaches, teachers &amp; school admin</li> </ul>	<p><b>Return to Learn</b></p> <ul style="list-style-type: none"> <li>• priority</li> <li>• staged return, plan prepared based on cognitive demands &amp; available school modifications</li> <li>• key school contact identified for athlete</li> </ul> <p><b>Return to Play Progression/Stages</b></p> <ol style="list-style-type: none"> <li>1. No activity</li> <li>2. Light Aerobic Ex.</li> <li>3. Sport Specific Ex.</li> <li>4. Non-contact training drills</li> <li>5. Full contact practice</li> <li>6. Return to Play</li> </ol> <p><b>Medical clearance should be provided before return to play.</b></p>