

4 Step Protocol

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| <h3 style="margin: 0;">Post-Concussion Return to Activity Using ImPACT® Neurocognitive Testing</h3> <p style="margin: 5px 0 0 0;">All Steps are supervised by a Certified Athletic Trainer.</p> | Athlete's Demographic Information | | | |
| | name | | date of birth | |
| | date | time am pm | school/grade | |
| previous concussion NO YES #_____ | | sport | ImPACT baseline? | |

Note: This is a minimum timetable. Only one step may be completed within 24 hours.

Baseline: Athlete must be symptom free for at least 24 hours while tolerating a full academic schedule, have reached baseline scoring range on ImPACT testing, and cleared by a licensed medical provider before initiating this program. (Symptom free means **NO** headache, nausea, vomiting, dizziness, sensitivity to light or noise, fatigue, drowsiness, sleep disorders, nervousness, difficulty concentrating and or remembering, numbness/tingling in extremities, blurred vision, irritability, depression, feeling slowed down or mentally foggy.)

Athlete should refrain from P.E. activities until cleared for all sports activities (Step 4).

| Steps | Rehabilitation Progression | Explanation and Objective | Date and Initials |
|--------|---|--|--------------------------------|
| Step 1 | Symptom free <ul style="list-style-type: none"> Treadmill, elliptical, or stationary bike (<i>Total Time: 15 minutes</i>) Body weight/core exercises (sit-ups, push-ups, squats – 25x each) NON-CONTACT sport specific drills in a practice setting (<i>Total Time: 45-60 minutes</i>) | <ul style="list-style-type: none"> Increase aerobic activity and monitor for symptom return <ul style="list-style-type: none"> Begin with cardio followed by body weight exercises Then perform non-contact sport drills such as running or conditioning | Date: _____ Initials: _____ |
| Step 2 | Symptom free <ul style="list-style-type: none"> Complete a <u>full</u> practice session that excludes contact activities but does include NON-CONTACT sports specific drills and conditioning. <i>Total Time: 90-120 min</i> | <ul style="list-style-type: none"> Sports-specific aerobic activity meaning individual drills, team drills with no contact, limited equipment used Monitor for symptom return | Date: _____ Initials: _____ |
| Step 3 | Symptom free <ul style="list-style-type: none"> Complete a normal <u>full</u> length, FULL CONTACT, practice session. <i>Total Time: 90-120 min</i> | <ul style="list-style-type: none"> Monitor for symptom return | Date: _____ Initials: _____ |
| Step 4 | Symptom free Full return to sport, activity, and physical education class without restrictions. | | Date: _____ Initials: _____ |

If at any time symptoms return, stop scheduled activity. Rest until athlete is symptom free for 48 hours. Return to the Step 1 stage of protocol. If symptoms persist, consult physician.

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