

Head Injury Evaluation Form Physician Copy

Paxon Hollow Middle School Athletic Training Department

Sean Lafferty, ATC

Phone:

Email: slafferty@mnsd.org



Dear Physician:

Date: _____

_____ sustained a head injury on _____ while participating in _____ at Paxon Hollow Middle School and has been referred to you for evaluation. The following information provides some background on how we handle head injuries at Paxon Hollow, including our standard protocol, computerized neuropsychological testing, and return to play guidelines.

Thank you for your assistance, and if you have any questions, please feel free to contact me.
Sincerely,

Sean Lafferty, ATC

Athlete must be evaluated by a physician trained in concussion management.

Please indicate your diagnosis and treatment plan below:

Physician's Diagnosis: _____

Return to Activity (please check one):

____ Once asymptomatic, and their ImPACT test returns to baseline , the athlete may begin MNSD return to play protocol.

____ The athlete is to see me again before returning to play.

Additional comments:

Physician's name (please print): _____

Address: _____

Phone: _____

Physician's Signature: _____

This form must be returned to the Athletic Training Room before returning to play

MNSD CONCUSSION POLICY

Protocol

1. A concussion is defined as a complex pathophysiological process affecting the brain which was induced by a traumatic biomechanical force. Listed below are several commonalities that are present with a concussion:

- A concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
- Symptoms may include: (**headache, pressure in head, neck pain, nausea, dizziness, blurred vision, balance problems, sensitivity to light, sensitivity to noise, feeling slowed down, feeling in a fog, difficulty concentrating, difficulty remembering, fatigue, confusion, drowsiness, trouble sleeping, irritability, sadness.**)

2. Return to play will occur after the athlete is asymptomatic and neuropsychological testing has returned to baseline. **To be pro-active in managing head injuries, each student-athlete that participates in a “contact” sport will be “IMPACT TESTED”.

3. Return to play will follow a gradual step-by-step progression.

Management and Rehabilitation

Acute response: When a player shows ANY signs or symptoms of a concussion:

- 1.) The player should not be allowed to return to play in the current game or practice.
- 2.) Regular monitoring of that player for deterioration is essential.
- 3.) The Athlete must be evaluated by a **Physician Trained in Concussion Management.**
- 4.) Athlete must be asymptomatic for before advancing to return to play protocol.
- 5.) Athlete will be Impact Tested to determine if he/she has returned to baseline.

Student-Athletes who have sustained a concussion should complete a graduated return-to-play before they may resume competition or practice, according to the following protocol:

Step 1: Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.

Step 2: Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.

Step 3: Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.

Step 4: Noncontact training drills (e.g. passing drills). Student-athlete may initiate resistance training.

Step 5: Following medical clearance (consultation between school health care personnel and student-athlete’s physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.

Step 6: Return to play involving normal exertion or game activity.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. It’s better to miss one game than the whole season.

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Local Physicians with IMPACT Testing Training

- 1. Orthopaedic Specialists and Bryn Mawr Sports Medicine**
3855 West Chester Pike • Newtown Square, PA 19073 • (610) 527-2727
- 2. Cooper Bone & Joint Institute**
3740 West Chester Pike • Newtown Square, NJ 19073 • (856) 325-6677
- 3. Orthopaedic Specialists and Bryn Mawr Sports Medicine**
235 West Lancaster Ave, Suite 100 • Devon, PA 19333 • (610) 688-6767
- 4. Healthplex Sports Medicine**
Steven Collina, MD, David Webner, MD

196 W. Sproul Road, Ste 110 • Springfield, PA 19064 • (610) 328-8830
- 5. Orthopaedic Specialists**
Bradley Smith, MD

27 S. Bryn Mawr Ave • Bryn Mawr, PA 19010 • (610) 527-2727
- 6. Bryn Mawr Rehabilitation Hospital**
414 Paoli Pike • Malvern, PA 19355 • (484)596-5430
- 7. Children's Hospital of Philadelphia**
Matt Grady, MD, Arlene Goodman, MD

210 Mall Boulevard • King of Prussia, PA 19406 • (215) 590-6919
- 8. Main Line HealthCare Neurology**
Lucas Margolies, MD

100 Lancaster Ave MOB E # 452 • Wynnwood, PA 19096 • (484) 572-6304
- 9. Advocare Broomall Pediatrics**
Manny Ng, MD

1246 West Chester Pike, Suite 303 • West Chester, PA 19382 • (610) 692-2605
- 10. Advocare Broomall Pediatrics**
1991 Sproul Rd. Suite 600 • Broomall, PA 19008 • (610) 692-2605
- 11. Premier Orthopaedic & Sports Med Center**
Eric Lake, DO

300 Evergreen Drive, Suite 200 • Glen Mills, PA 19342 • (610) 579-3450

More information about IMPACT Testing can be found at <http://impacttest.com/>