

Concussion Protocol

1

Following a concussion, an athlete should be removed from play immediately and should not be allowed to return to play that same day.

2

Athletes should only return to physical activity once all symptoms have subsided and they have been cleared by a medical professional with accordance of state law.

3

Athletes should follow a gradual return to play progression that is supervised by a medical professional.

4

Risks of return to play prior to clearance: 2nd impact syndrome, permanent loss of cognitive function, permanent loss or impairment to motor function, sensation or emotion.

IMPROVING HEALTH



Contact Us
605-217-2667



Our Website
www.cnos.net



Our Address
575 Sioux Point Road
Dakota Dunes, SD 57049



Dakota Dunes, SD



Monday-Friday



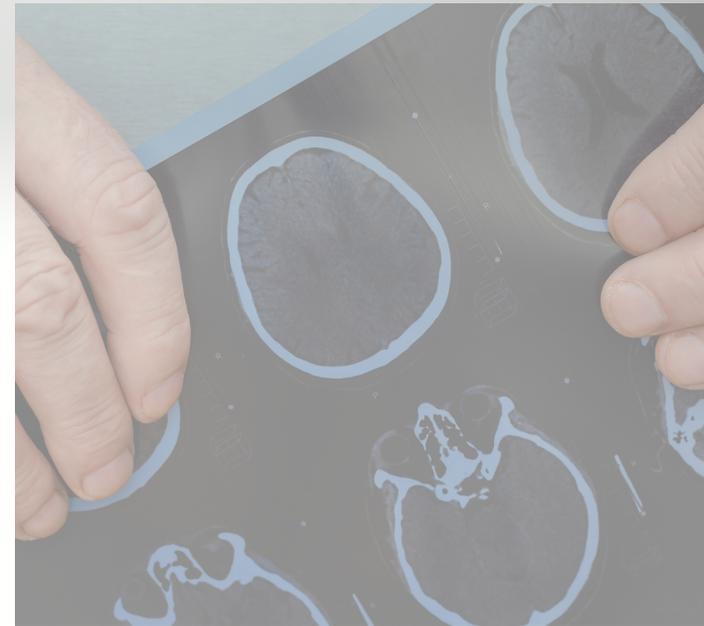
7:00AM-9:00AM



**No Appointment
Necessary**
Walk-Ins Welcome

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CONCUSSION Information Guide



CNOS
Concussion Clinic

WHAT IS A CONCUSSION?

A concussion is a mild traumatic brain injury that is caused by a sudden impact to the head or body, which causes rapid movement of the brain inside the skull. A person does not need to be unconscious to suffer from a concussion.

Common signs & symptoms:

- Blurred vision
- Balance issues
- Drowsiness/fatigue
- Sensitivity to light/noise
- Excess sleep
- Sleep disturbance
- Memory problems
- Uneven pupils
- Feeling 'in a fog'
- Vacant stare
- Inappropriate emotions
- Loss of consciousness
- Nervousness
- Headache
- Personality change
- Dizziness
- Poor concentration
- Easily distracted
- Nausea/vomiting
- Ringing in ears
- Sadness
- Irritability
- Seeing stars

GUIDELINES AFTER A CONCUSSION

IT IS OKAY TO:

- TAKE ACETAMINOPHEN (TYLENOL) FOR HEADACHES
- USE AN ICE PACK ON HEAD AND NECK FOR COMFORT
- EAT A LIGHT DIET
- RETURN TO SCHOOL/WORK IF SYMPTOMS ALLOW
- GO TO SLEEP OR REST (NO STRENUOUS ACTIVITY)

IT IS NOT OKAY TO:

- TAKE IBUPROFEN OR ALEVE (MAY INCREASE BLEEDING)
- PLAY VIDEO GAMES, WATCH TV, OR SIT AT A COMPUTER FOR AN EXTENDED PERIOD OF TIME
- PARTICIPATE IN PHYSICAL ACTIVITY

CNOS uses Sway for concussion management



**SPORTS.WELLNESS
PREVENTION.EDUCATION**

(Immediate Post Concussion Assessment and Cognitive Testing)

Sway utilizes baseline and post injury testing. It provides computerized neurocognitive assessment tools and services that are useful in tracking an athlete's recovery from a concussion and determining when they are fit to return to play.

SWAY TEST FEATURES:

- Measures player symptoms
- Measures verbal and visual memory, processing speed and reaction time
- Assists clinicians and athletic trainers in making difficult return-to-play decisions
- Provides reliable baseline test information
- Produces comprehensive report of test results

CNOS Concussion Specialists



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