

**Mosaic Sports Medicine**

**Concussion & Return to Play Protocol**

**Parent information**

When your child is suspected of having a concussion:

1. Suspected concussed athlete is removed from play and not allowed to return.
2. Coach notifies athletic trainer or parent calls Concussion Program at 660-254-3820-Maryville or 816-244-8948-St Joseph, to schedule an appointment with Concussion Coordinator. An initial evaluation and a post-injury ImPACT test will be administered. You must go through the Concussion Program even if seen in the Emergency Department.
3. Athlete will be evaluated by a Concussion Clinic physician and a plan of care established.
4. Athletes must be symptom free at rest and attending full days of school before post-injury ImPACT test #2 is given. If initial ImPACT test (Post-Injury 1) is at or above baseline, a repeat impact test need not be performed. Return to baseline levels must be achieved before the RTP protocol is initiated. If student does not test within their normal limits, athlete will continue with no activity and not retest for at least 3 days.
5. A 5-step Return to Play (RTP) Protocol is initiated by the concussion coordinator. Each step takes at least one day to complete. The RTP protocol must be signed by coach/administrator/ATC after each step is completed.

Day 1- light aerobic activity

Day 2- Moderate aerobic activity

Day 3- Non-Contact sport-specific drills and modified practice

Day 4- Controlled contact practice

Day 5- Full Participation

1. Athlete must be seen by treating concussion clinic physician for final clearance. MSHSAA concussion form must be signed by the treating physician before athlete may compete. This form must be kept on file at the school during the completion of the academic year.

Athletes choosing to see other providers for concussion care will not be under the Athletic Trainer’s care at the school. Due to liability issues, Mosaic Athletic Trainers are only under the plan of care through the Mosaic Concussion Program.