

ICE-Aurora Concussion Policy/Protocol
Updated on 9.15.2016 by Kim Jenckes, ATC
Athletico Physical Therapy

Concussions are taken very seriously at ICE and there will be NO exceptions when it comes to treating and releasing concussions. The Athletic Trainer will have the final say in all concussions.

1. If an athlete sustains a concussion, the athlete will first be assessed by the Athletic Trainer on site. This involves taking a thorough subjective and objective assessment.
2. Fill out and perform the SCAT 3 concussion tool with the athlete immediately following injury.
3. Call parents to advise and educate on findings and what to look for in coming hours and advise to take to ER if symptoms worsen when the athlete returns home. Give concussion handouts with business card/contact information for parents to get a hold of the AT if necessary.
4. DO NOT let the athlete drive home from practice. Arrange for alternate way to get home.
5. Advise parents that athlete must see a physician and be cleared by MD before any return to play protocol can be initiated. (See the AT if you would like some recommendations for concussion specialists in the area). If the athlete is still symptomatic at the date that the MD releases the athlete, they will not be allowed to participate without being cleared and/or passing the return to play protocol. Depending on severity of injury and recommendation of the physician, research has shown that light aerobic, non-contact activity such as a bike, or 5-10 minutes jog is beneficial in concussion healing, however the Athletic Trainer (AT) will use discretion with this and begin the return to play (RTP) protocol as set forth by Athletico and ICE and will follow the BRAING Principal in order for safe return to full sport activities. If you have questions as to what the BRAING Return to play looks like, please don't hesitate to ask the Athletic Trainer for a copy. Ideally, the AT must have an MD note to begin RTP and again to release back to sport after the RTP is completed. RTP is only done when the AT is present at the gym Monday-Thursday nights. There will be no RTP to be done on the weekends, therefore the athlete will need to sit out until Monday when the AT returns or unless otherwise directed by the AT. There will be NO EXCEPTIONS!
6. Follow up phone call to parents and obtain MD visit information to be done within 24 hours.
7. Athlete will not participate in any capacity without an MD note **AND** return to play protocol to be completed by the Athletic Trainer. This includes stretching/walk throughs.
8. After successful clearance from a physician AND successful completion of return to play protocol without return of any symptoms, the athlete is able to be cleared by the AT and/or physician under Illinois State Law.
9. Athlete will report any return of symptoms for proper re-assessment upon full return to play.
10. In some cases, referral to vestibular physical therapy is warranted and should be referred out for such on a case by case basis. The closest Athletico clinic offering vestibular therapy to ICE is the Athletico Aurora-Eola clinic located at 1137 North Eola Road Suite 111 Aurora, IL 60502. David Bokermann, PT is the vestibular therapist there. ***Athletico has many other centers that offer Vestibular therapy and can be obtained by visiting www.athletico.com.
11. **Under no circumstances will the staff of ICE or any other entity have any say in an athlete's participation. The AT on site will have the FINAL say on any and all participation.**