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Concussion Checklist

Once you have been diagnosed with a concussion, please follow these steps to return to your normal daily activities safely. You will see your doctor **3-5 times**, depending on your recovery.

Enroll in Newport Orthopedics' Concussion "GetWell" Patient Engagement System

- a. This is an email program that will offer support through your recovery and allow direct access to our team if you have concerns.

Follow the directions given by your physician. This will include, but not limited to:

- a. Rest from certain activities may be recommended.
- b. Stay hydrated and eat 3 healthy meals a day.
- c. Go to bed at the same time and get up at the same time: allow 8-10 hours to sleep.
- d. Avoid noisy areas and too much visual stimulation, including screen time and reading.
- c. If symptoms get worse, stop activity and rest.
- d. Short naps may be recommended.

Brain Rest

- a. Your doctor may recommend you rest for up to 48 hours - no school or work.
- b. Walking for short periods of time is recommended but no strenuous exercise until approved by your doctor.
- c. Limited school work, studying or reading should be done in this phase. No driving.

Graduated Return to Learn/Work

- a. Your doctor will advise proper accommodations that should be implemented to allow your gradual return to school/work - you will need to work closely with your school or employer.
- b. You must be **symptom free** & able to tolerate full days of school/work in order to progress to the next phase, "Return to Play Protocol."

See your physician in the office PRIOR to starting the Return to Play Protocol

- a. You must have **written permission** to start your return to physical activity.

CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THEN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION, AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL.

- a. You will be given the "CIF Concussion Return to Play (RTP) Protocol"
- b. Follow each stage of the graduated progression
- c. You must have an approved professional monitor and initial each stage (no more than one stage in a 24-hour period).
- d. Approved professionals may be a Certified Athletic Trainer (ATC), Physical Therapist (PT), physician.

BRING ALL OF YOUR DOCUMENTS TO YOUR APPOINTMENTS!!!

- a. You will be given a symptom log at each appointment - please complete daily and bring with you to your next appointment.

Bring your **SIGNED** Return to Play Protocol to your doctor's appointment

This is **REQUIRED** before you can be released fully to participate in your sport/activities.