

Concussion: Evaluation/Management/RTP Guidelines

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- 1.) Concussion 101
 - a. Definition
 - b. Energy miss-match
 - c. Diagnosis
 - d. Time to recover
 - i. Return to learn
 - ii. Return to play
- 2.) Management
 - a. Relative rest
 - b. Physical therapy
 - i. Vestibular ocular rehab
 - ii. Buffalo protocol – cardio activity
 - iii. Balance training
 - c. Return to learn – academic adjustments/accommodations
 - d. Return to play
- 3.) Prevention
 - a. Helmets – VT Star rating
 - b. Padding in non-helmeted sports
 - c. Mouth guards
 - d. Impact sensors
 - e. Limiting contact in contact/collision sports

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