Post Concussion Home Instructions

Following a concussion, **rest is the key**. Ensuring that your child has fully recovered before participation is essential to prevent long-term issues. The student-athlete should not participate in any high-risk activities (e.g., sports, physical education, riding a bike, etc.) or other physical activities that increase his/her resting heart rate. Limit activities that require a lot of lengthy mental activity (such as loud environments, homework, school, job-related activities, extended video game playing or cell phone use) as this can make the symptoms worse. Your child should try to get good sleep, avoid late nights or sleepovers and take naps if desired. They should not drive until cleared by a physician.

**Returning to School:**
1. VFMAC will inform the teachers, guidance counselors, TAC officers and nursing staff about your child’s injury and symptoms.
2. An appointment will be scheduled for your child with our team physician. The Athletic Trainer and Health Center will set this up for you and take your child to their appointment. You are more than welcome to join them for the appointment but your attendance is not necessary.
3. Once your child has been seen by Dr. Keli Donnelly, our team physician, academic modifications will be given to the teachers and guidance counselor as well. These modifications allow for extra time with homework, tests, and other note taking accommodations. These accommodations will remain in effect until deemed no longer necessary by our team physician.
4. Your child will continue to follow-up with our team physician until they are cleared to return to play. The five day return to play protocol will be completed by the athletic trainer under the guidance of our team physician.

**Serious Signs to Watch For:**
Please watch carefully for any of the following serious signs and symptoms. The best guideline is to note symptoms that worsen or behaviors changes in your son/daughter. If you observe any of the following signs, go to your local emergency department or call 911 immediately.

<table>
<thead>
<tr>
<th>Headaches that worsen</th>
<th>Look very drowsy, can’t awaken</th>
<th>Can’t recognize people/places</th>
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<tbody>
<tr>
<td>Unusual behavior change</td>
<td>Seizures</td>
<td>Repeated vomiting</td>
</tr>
<tr>
<td>Significant irritability</td>
<td>Increasing confusion</td>
<td>Loss of consciousness</td>
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<tr>
<td>Slurred speech</td>
<td>Weakness/numbness in legs/arms</td>
<td>Neck pain</td>
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</tbody>
</table>
It is OK to:
- Use Tylenol for headaches
- Eat a light diet
- Sleep
- Take frequent naps

There is no need to:
- Check eyes with flashlight
- Test reflexes
- Wake the child repeatedly overnight

DO NOT:
- Drink alcohol
- Drive
- Exercise or play sports
- Take advil, motrin, aspirin, naproxen or other NSAID

[*Adapted from ACE Care Plan “Heads Up: Brain Injury in Your Practice” (2007); National Athletic Trainers’ Association Position Statement: Management of Sport-Related Concussion (2004)]

If you have any questions or concerns please feel free to contact our Sports Medicine Staff

Kristin M. Mantle, MS, LAT, ATC
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Phone: 610-989-1495

I have read the above information and understand the concussion policy for Valley Forge Military Academy and College Athletics.

Student Name: __________________________________ Grade:__________

Parent Printed Name: ________________________________________________

Parent Signature: ____________________________________________________

Date: ______________