



Concussion Information Sheet

A concussion is a brain injury. It can't be seen on X-rays, CT scans or MRIs. It may affect the way a person thinks, feels and acts. Any blow to the head, face or neck may cause a concussion. A concussion may also be caused by a blow to the body if the force of the blow causes the brain to move around inside the skull.

A person with a concussion might have one or more of the signs or symptoms listed below. They might show up right away or hours, even days, later. Just one sign or symptom is enough to suspect a concussion. Most people with a concussion do not lose consciousness.

Physical:	Headache	Sleep-related:	Sleeping more or less than usual
	Pressure in the head		Having a hard time falling asleep
	Dizziness	Cognitive:	Not thinking clearly
	Nausea or vomiting		Slower thinking
	Blurred vision		Feeling confused
	Sensitivity to light or sound		Problems concentrating
	Ringing in the ears		Problems remembering
	Balance problems	Emotional:	Irritability
	Tired or low energy		Depression
	Drowsiness		Sadness
	"Don't feel right"		Nervous or anxious

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital emergency department immediately.

Other important points:

- Limit physical activity to routine daily activities (avoid exercise, training, sports) unless supervised by UTM's Rehabilitation & Fitness Specialist
 - Try to ensure a good night's sleep. (Sleep interruption is not necessary)
 - Limit activities such as school, work, and screen time to a level that does not worsen symptoms.
 - Avoid alcohol
 - Avoid prescription or non-prescription drugs without medical supervision.
- Specifically:
- Sleep Medications
 - Aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
 - Do not drive until cleared by a healthcare professional.
 - Return to play/sport requires clearance by a healthcare professional as described in the UTM Concussion Return-to-Sport Protocol.

UTM Concussion Step-by-Step Guide

Curious what to do after sustaining a suspected concussion? This guide should help you through your recovery and return to school and sport.

For the initial 24 hours after injury, both physical and mental rest are important. Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time to a level that does not worsen symptoms.

If a suspected concussion occurred during UTM Tri-Campus or Intramural sport, UTM's Rehabilitation & Fitness Specialist will be reaching out to set up an appointment and to help guide your recovery as well as being a resource for navigating any further needs associated with your injury. This can include referrals to UTM's Health & Counselling Centre or Accessibility Services.

According to provincial law, anyone participating in organized sport in a post-secondary setting that suffers a suspected concussion must see a Physician or Nurse Practitioner to obtain a diagnosis and if confirmed to be a concussion must undergo a graduated return-to-sport protocol. The steps of the protocol are included in this document.

Before returning to full practice without any restrictions, clearance by a Physician or Nurse Practitioner is required.

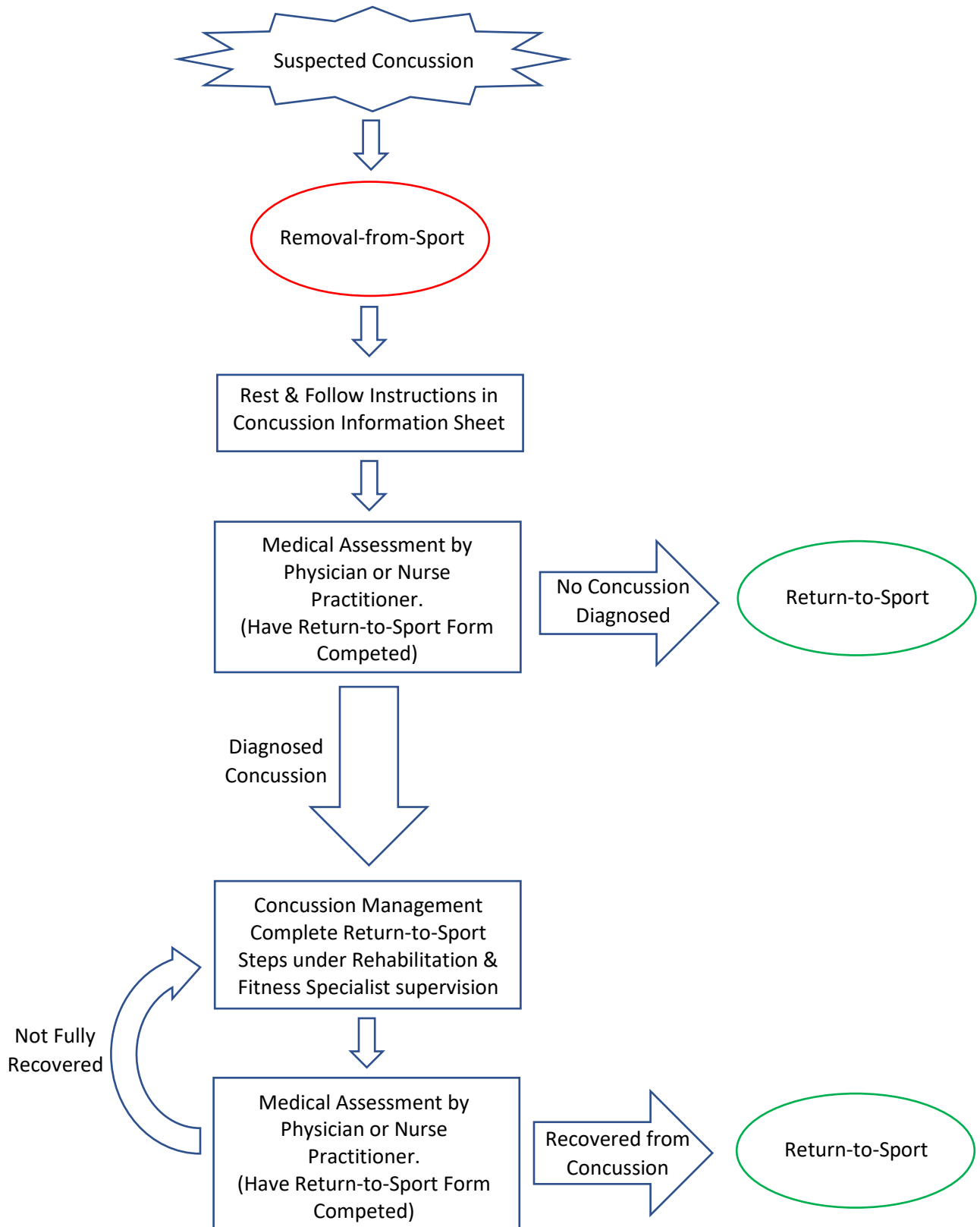
Further Resources:

Chris Kelly CAT(C)
Rehabilitation & Fitness Specialist
Department of Recreation, Athletics & Wellness
905-569-4725
atchris.kelly@utoronto.ca

Accessibility Services
905-569-4699
access.utm@utoronto.ca

Health & Counselling Centre
905-828-5255
health.utm@utoronto.ca

Suspected Concussion & Return-to-Sport Flowchart



UTM Concussion Return-to-Sport Form

This note signifies that (Athlete Name) _____:

- Did not sustain a concussion and is healthy to return to participation in sport.

- Has sustained a concussion and is required to complete the full concussion Return-to-Sport Protocol.

- Has completed the full concussion Return-to-Sport protocol and is cleared to return to full participation in sport without any limitations.

Further notes/instructions:

Physician or Nurse Practitioner Signature: _____

Date: _____

Athlete Signature: _____

Date: _____

UTM Rehabilitation & Fitness Specialist Signature: _____

Date: _____

Graduated Return-to-Sport Steps

It is important to understand that every concussion and the recovery process differs. Each step of the protocol will last at minimum 24 hours and is extended as needed to ensure proper healing. Most athletes who sustain a concussion will make a complete recovery within 1-2 weeks while most youth athletes will recover within 1-4 weeks.

Some patients will experience persistent symptoms (>2 weeks for adults; >4 weeks for youth) that may require additional medical assessment and management. The goal of the return-to-sport protocol is to gradually increase activity level to pre-injury levels while managing symptoms and severity.

Please note that all steps of the Graduated Return-to-Sport are to be directed & supervised by UTM's Rehabilitation & Fitness Specialist.

	Sample Activities	Goal of Step	Duration
STEP 1: Symptom-limiting activities	Daily activities that do not provoke symptoms	Gradual reintroduction of daily school, and work activities	At least 24 hours
STEP 2: Light aerobic activity	Walking or stationary cycling at slow to medium pace. No resistance training	Increase heart rate	At least 24 hours
STEP 3: Sport-specific exercise	Running or skating drills. No head impact activities	Add movement	At least 24 hours
STEP 4: Non-contact training, practice drills	Harder training drills, i.e. passing drills. May start progressive resistance training	Exercise, coordination and increased thinking	At least 24 hours
STEP 5: Unrestricted Training & Practice	Obtain clearance from physician or nurse practitioner before unrestricted training, practice or competition	Restore confidence and assess functional skills	At least 24 hours
STEP 6: Return-to-Sport	Unrestricted competition		