

Concussion Management

- 1. The first step in concussion management is having documentation from a provider (MD, PA, APRN) with a written diagnosis of concussion (often times paperwork is handed in without a diagnosis, particularly from Urgent Care)**
- 2. Documentation should include accommodations for academics (ie: extended time on classwork) and physical restrictions (ie: no participation in physical education classes until cleared)**
- 3. The health office communicates the provider's recommendations to all of the student's teachers, counselor and assistant principal**
- 4. Students are encouraged to rest in the health office during free periods, study halls, and non-academic classes**
- 5. Student should bring updated documentation to HO following EVERY visit to provider**
- 6. Students who have PE and are not participating should report to their PE teacher for directions on what to do during class**