



Gradual return to sport after a CONCUSSION

Day 0

DIAGNOSIS OF CONCUSSION IN THE SPORTS FIELD

Any age:
Physical and mental rest for 48 h

Eliminate television, telephone, tablets, headphones, and excessive noise. If you are well: Active rest. You may attend school, assessing your condition. No intense exercise. No sporting activities.

If symptoms are present: No exercise, no school until they disappear or the specialist considers it safe to resume activity.



* 8 to <19 years

10 more days without sports practice (12 since the concussion)

≥ 19 years (Adult/Senior)

4 more days without sports practice (6 since the concussion)

IF THERE ARE NO SYMPTOMS OR SIGNS OF CONCUSSION

START OF THE RECOVERY PROCESS



2 days

1 day

Basic exercises, of technical skills, and mobility. No contact. School-age children, gradual return to learning activities.



2 days

1 day

Basic, technical exercises with aerobic intensity. No contact.



2 days

1 day

Technical exercises with intensity and increased complexity. Power training may begin. No contact.

If symptoms recur or increase in intensity, return to the previous stage of concussion recovery. Otherwise, move on to the next stage.



Medical assessment before returning to contact training NON-COMPETITIVE MEDICAL CLEARANCE



2 days

1 day

Training with the team. No contact.



2 days

1 day

Full training with the team. Contact may be initiated.

If symptoms reappear, the medical examination should be reassessed and a return to a previous stage of recovery should be considered. Otherwise, proceed to the next stage.



Medical assessment prior to COMPETITIVE MEDICAL CLEARANCE



2 days

1 day

Full training with the team, symptom-free and with SCAT6 or HIA assessments within normal limits.

Time spent before RETURNING TO COMPETITION



24 days
12+12

12 days
6 + 6

RETURN TO COMPETITION

SIGNS TO OBSERVE:

- New or worsening headache or neck pain.
- Is drowsy or cannot be awakened.
- Does not recognise people or places.
- Feeling nauseous or are vomiting.
- Demonstrates unusual behavior, appears confused, or is irritable.
- Has convulsions (arms and/or legs move without control).
- Feeling weak, numb, or tingly (arms, legs, or face)
- Experiencing instability when walking or standing.
- Has difficulty speaking or understanding instructions.

* And those individuals undergoing treatment for the nervous system

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With the collaboration of
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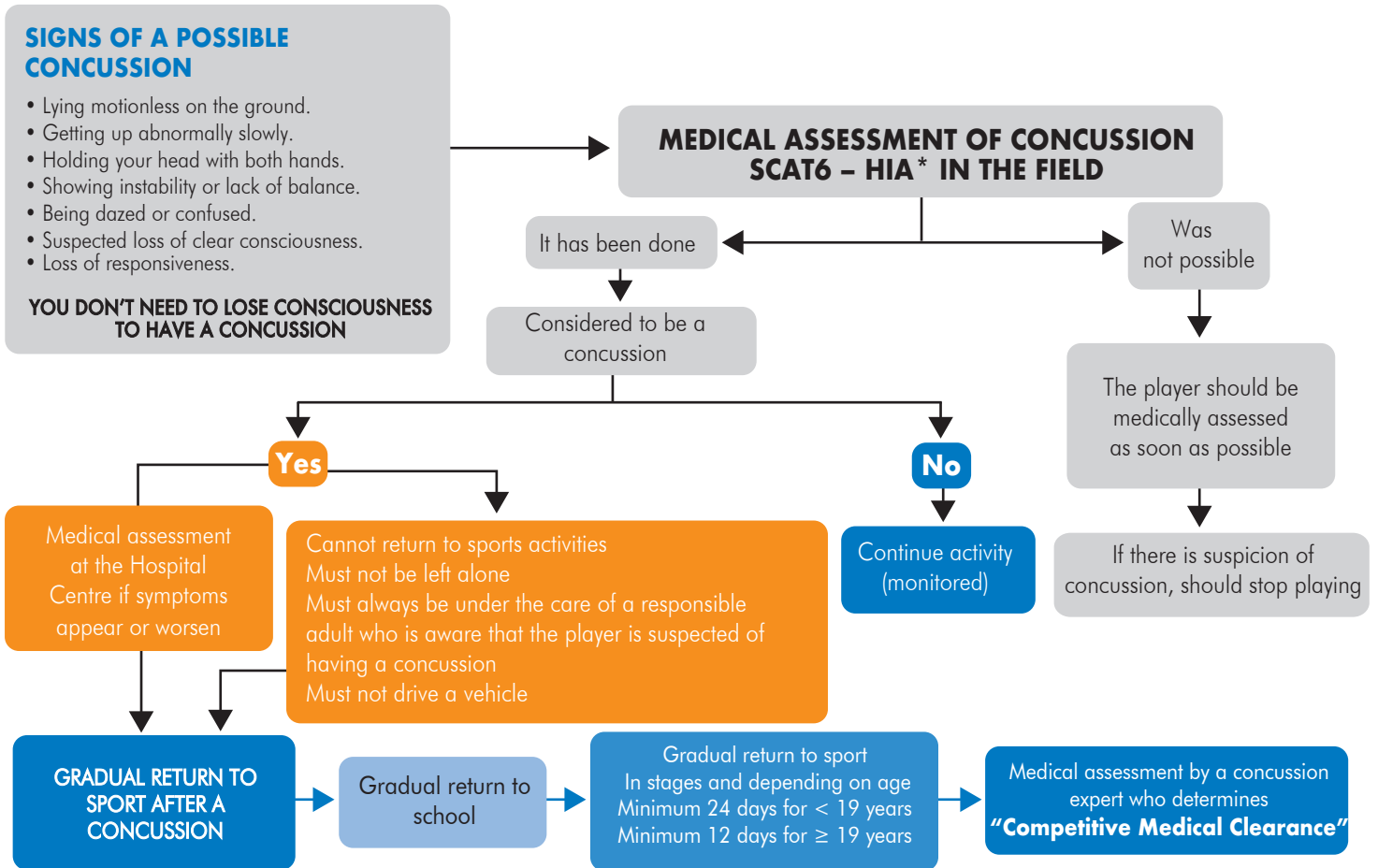
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Suspected CONCUSSION in the sports field

IMMEDIATE CESSATION OF SPORTS AND INITIATION OF ASSESSMENT PROCESS



Infographic 2

SIGNS AND SYMPTOMS THAT CONFIRM OR LEAD TO SUSPICION OF A CONCUSSION

<ul style="list-style-type: none"> Tonic posture (body stiffness) Loss of consciousness Suspected loss of consciousness Seizure 	<ul style="list-style-type: none"> Balance problems Disorientation, confusion Behavioral change Oculomotor signs 	<ul style="list-style-type: none"> Headache Nausea, dizziness, or vomiting Amnesia Drowsiness, Fatigue, or lack of energy 	<ul style="list-style-type: none"> High emotionality Sensitivity to light Blurred vision Irritability, sadness Anxiety and distress
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* World Rugby considers these as criteria for immediate removal from the field (they indicate a concussion and do not require a Head Injury Assessment for confirmation)



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