



Suspected Concussion Injury

Suspected Concussion: There is a suspected concussion if the child experienced any ONE of the following:

- Mechanism of injury: hit head, acceleration injury, player-to-player contact, bad fall
- Symptoms: does not remember a portion of a game or practice, headaches, dizziness, balance problem, exercise intolerance, trouble returning to school

Step 1: Clear any red flags

If a child has a suspected concussion (as stated above), the first step is to check for any red flags. Red flags include, but are not limited to:

- Seizures
- Vomiting
- Slurred speech
- Severe or worsening headache
- Numbness in legs or arms
- Decreasing consciousness
- Unusual behavior change
- Confusion / can't recognize people or places

If a child is experiencing any red flags, they must be sent to the ER right away. Please refer to the "Suspected Injury" section of the CCM app for more details.

Step 2: Post-concussion assessment

Once it is established that there are no red flags, it is important to determine the severity of the injury. Whenever there is a suspected concussion, the child must be cleared by a CCMI clinic in order to be able to return to play. Depending on the findings of the assessment, the child may be allowed to return to play the following day, or may need to follow a 10-step return-to-play protocol.

If the child has a current CCMI baseline, follow flow chart on page #2

If the child does NOT have a baseline, follow flow chart on page #3



**Suspected Concussion Injury – Child
has CCMI Baseline**

Clear for Red Flags indicating a serious injury
Check CCM App - *Suspected Injury* for more
information

Mechanism of injury (hit head, acceleration injury)
and/or
Symptoms (ex. daily headaches, dizziness, balance
problem, exercise intolerance, trouble returning to school)

Come for Physio at a CCMI clinic

Basic Post-Concussion Assessment

Compare to Baseline
Asymptomatic and functioning at baseline
can be cleared for return to play
30min - \$63.75 (usually \$75)

Complex Post-Concussion Assessment

Symptomatic and functioning below baseline
60min - \$106.25 (usually \$125)

**Surrey Lacrosse
Association
athletes receive
15% discount on
treatment at Kids
Physio Group**

Follow CCMI protocol for Return to Play

30min treatments - \$63.75 (usually \$75)
45min treatments - \$80.75 (usually \$95)
60min treatments - \$106.25 (usually \$125)



Suspected Concussion Injury – Child does NOT have CCMI Baseline

Clear for Red Flags indicating a serious injury
Check CCM App - *Suspected Injury* for more information

Mechanism of injury (hit head, acceleration injury)
and/or
Symptoms (ex. daily headaches, dizziness, balance problem, exercise intolerance, trouble returning to school)

Come for Physio at a CCMI clinic

Complete post-concussion assessment:

- Symptom score
 - VOMS assessment (Vestibular Ocular Motor Screen)
 - Neurological testing
 - Cervical spine testing
 - Gait/Balance Assessment
- 60min - \$106.25 (usually \$125)

PASS assessment

Asymptomatic and pass all test components

Discharge

Clear to go back to sport, no further treatment needed

FAIL assessment

Symptomatic or fail any component of test

Follow CCMI protocol for Return to Play

- 30min treatments - \$63.75 (usually \$75)
- 45min treatments - \$80.75 (usually \$95)
- 60min treatments - \$106.25 (usually \$125)