



Part of Meliora Medical Group

Head Injury & Concussion

"If in doubt, sit them out"

THE KEY FACTS

- Concussion is a **brain injury**
- **Early rest** is key to a good recovery
- Feeling better is **NOT** the same as the brain having recovered
- All players diagnosed with concussion should follow **return to sport guidance**
- **There are risks.** These are significantly reduced if the brain is allowed to recover before being put at risk of further injury

Further information and advice can be found at:
www.return2play.org.uk/concussion

The UK's Leading Sports Medicine Partner for Schools



What is Concussion?

Concussion is a traumatic brain injury typically resulting from a blow to, or a shaking of, the head. The symptoms can present immediately and be short-lived or the onset of symptoms may be delayed and start to occur sometime after the initial injury.

Signs and Symptoms of Concussion

There are many signs and symptoms that may suggest a concussion has occurred. There is no single definitive list of signs or symptoms that prove a concussion has happened. There may only be one symptom present, or there may be multiple signs and symptoms.

One or more of the following symptoms may be present:

- Headache
- Dizziness or balance problems
- Confusion
- Difficulty concentrating
- Nausea or vomiting
- Drowsiness / fatigue
- More emotional or sadness
- Blurred vision, sensitivity to light
- Irritable
- Difficulty remembering or amnesia
- "Don't feel right"

WORRYING SYMPTOMS

If any of the following signs or symptoms develop you should seek medical attention immediately:

- Deteriorating consciousness
- Severe or increasing headache
- Persistent double vision or deafness
- Increasing confusion or irritability
- Repeated vomiting
- Seizure (fit) or convulsions
- Weakness or tingling/burning in arms/legs
- Unusual behaviour change

Recovery & Return to Sport

Early rest, with plenty of sleep, is key to making a good recovery. You should reduce screen time and workload in the first 48hrs after injury.

Feeling better, while reassuring, is not the same as the brain having recovered. All players should follow a graduated return to physical activity and then to sport. Further guidance on this can be found at: www.return2play.org.uk/concussion

No player should take part in any matches, for any sport, until **a minimum of 21 days after the injury. All players should be reviewed by a healthcare professional prior to returning to competitive sport.**





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Head Injury & Concussion Care

Information for Parents



About us.

Redefining the gold-standard in head injury and concussion care.

At Return2Play, our highest priority is the well-being of pupils. Our specialist **head injury & concussion care service** provides 7-day-a-week, unlimited access to our team of highly experienced clinicians who are experts in their field.

Our doctor-led medical team comprises over 60 professionals who are on hand to ensure that every individual receives prompt attention and guidance throughout their recovery journey. They follow the most current protocols and best practices to promote a safe return to sport. In the 2022-23 school year, they undertook over 10,000,000 appointments.

Return2Play's innovative online injury management system allows schools to document injuries, automatically communicate to parents and coaches, and track a pupil's recovery. All appointments are accessed via our webcam clinic system to allow maximum convenience.

Our comprehensive service led by a medical team with unrivalled experience means you can have peace of mind knowing that the health and well-being of your loved ones is in the best possible hands.



What is concussion?

Concussion is a **mild traumatic brain injury**.

Recently there has been growing concern over head injuries and concussions in sport and at schools. Concussions can affect a child's physical, mental and emotional health as well as their academic and sporting performance.

Access to medical expertise is essential to ensure a good recovery, and this is why strict post-concussion guidelines in place that the injured child, their parents, their school and their sports clubs must follow before they can return to sport.

This involves having at least 2 appointments with doctors. It can often be difficult to find doctors with expert knowledge of the injury without having to wait weeks for appointments, or pay large sums of money for private referrals.

This is where Return2Play's Head Injury & Concussion Care services comes in.



Concussion: Return to Activity & Sport Pathway.

Following a head injury, there are widely-accepted guidelines in place that a players should follow before they return to full sporting activity. Below is the pathway that Return2Play's medical team follow to ensure the safety of each player and compliance with RFU guidelines.

Time since injury (earliest day)	Activity Level
0-2 days	Relative rest
<i>Medical Assessment to confirm diagnosis and give recovery advice</i>	
3-7 days	Light activity Gentle walks etc. <i>Activity level shouldn't leave you breathless</i>
8 days onwards	Low risk exercise & training Gradual increase in self-directed exercise – running, stationary bike, swimming, supervised weight training etc. <i>Focus on fitness</i> Can introduce static training drills (eg passing/kicking). Only drills with NO predictable risk of head injury
<i>R2P Doctor Assessment to assess fitness to start a formal return to sport and advise on timeframes</i>	
15 days onwards	Gradual return to sports training Starting with non-contact and gradually building up complexity and intensity. Introduction of contact in the final stages
<i>R2P Doctor Assessment to assess fitness to return to unrestricted sport, including matches</i>	
Day 21	Earliest return to competitive sport/matches

Our Head Injury & Concussion Care Service.



Concussion Cover

Pupils/players have access to unlimited appointments with the UK's most experienced concussion experts. Convenient and accessible appointments in our 7 days-a-week online clinics mean no more waiting times.



E-modules & Education

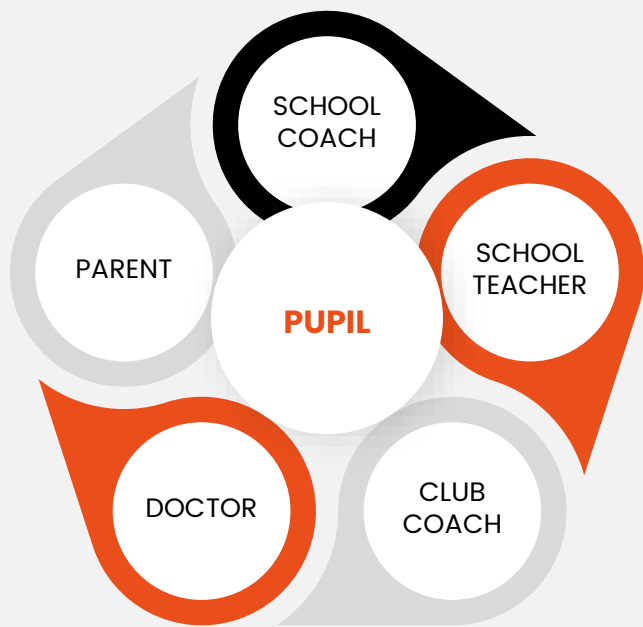
E-modules to equip staff, parents and pupils/players with the knowledge and skills to correctly identify concussion, understand the potential impact on learning and how to maximise recovery.



How does it work?

Our service is designed to the pupil/player at the centre of their care.

Ensuring they get the gold-standard care they deserve.



01

Injury

A pupil/player suffers a head injury.

Log

The school records the injury on the R2P System and automated notifications are sent to all stakeholders in that pupil/player. *

02

Book

The pupil/player and parents are sent a link to book an online appointment with Return2Play's medical team. Available 7 days-a week.

03

Appointment

Automated recovery updates are sent to all stakeholders after every appointment.

04

Clearance

Pupils have as many follow-up appointments as they need before being signed off as fit to return to sport.

05

*R2P System accessible via web-app on phones, tablets and computers.

How to use the service.

The school will create accounts on the R2P System for all pupils and parents. Parents will receive a welcome email with their login credentials. Parents can use the below steps to make the most of our service:

How to log in for the first time.

1. Follow the link in the welcome email you receive or head to our website and select login from the top left hand corner.
2. Enter your email address as username.
3. Copy and paste the temporary password in the welcome email.
4. When prompted to do so, set a new password. This should contain an upper case letter, lower case letter and be more than eight characters long.

How to record an injury.

1. Select the 'Players' tab from the left-hand menu bar. You will see your children listed here.
2. Select the injured players name.
3. Select 'Add a New Injury' from the top-right hand corner.
4. Complete the injury report form, ensuring to select the 'Injury Type' as concussion" and entering thorough case notes where possible. **If you are unsure if the injury is a concussion please select 'head injury possible concussion' at this stage instead.**
5. Select 'Save and Finish' from the bottom right hand corner of the Summary page.



How to use the service.



How to book an appointment.

1. Select the 'Dashboard' tab from the left-hand menu bar.
2. Select 'Book Appointment'.
3. Choose the most suitable appointment and select 'Book'.
4. Select 'Book' in the pop-up that appears.
5. Email confirmation containing the appointment link will be sent to player and parents.

How to attend an appointment.

1. Ensure you are using a device with a camera and internet connection such as a smartphone, tablet or computer.
2. Follow the link in your appointment confirmation email or head to our website and select 'attend appointment' from the top left corner.
3. Select the Doctor's name.
4. Enter the patient's name when prompted and you will be taken through to our online waiting room from where the doctor will call you.

How to add other clubs and schools.

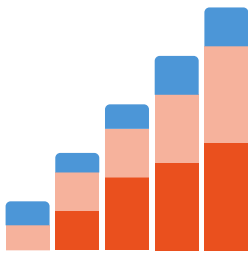
1. Select the 'players' tab from the left-hand menu bar.
2. Select the pupil/player's name.
3. Select 'Additional Recipients List'
4. Select 'Add Additional Recipient' and enter the name and email address of the person to receive injury notifications.
5. If your child has two accounts from two different organisations, please email support@return2play.org.uk and we will merge the two accounts for you.



Did you know?



20% of concussions are from non-sport incidents, such as in the playground, classroom or at home.



The highest concussion rates are consistently in the **U14-U16** age groups



25% of concussions we treat happen to girls. Often, the recovery time for girls is longer.



Being knocked unconscious is **very rare**. There are lots of signs and symptoms that suggest the brain is injured.

Return2Play's daily clinics ensure that there are **no delays in returning to sport** for those who are fit and able to do so.





Contact Us

If you have any queries,
please contact our **support
team:**

support@return2play.org.uk