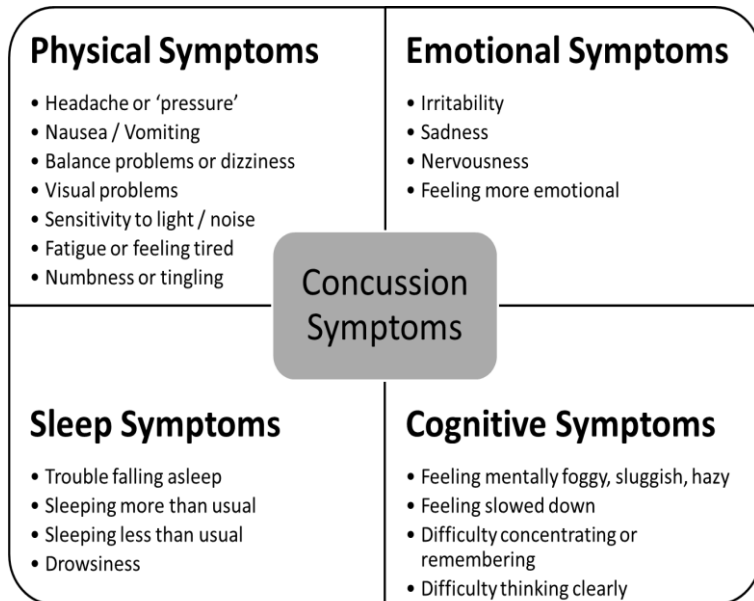


What is a concussion?

While there are many definitions of concussions, in 2017 the Concussion in Sport Group state, **CONCUSSION IS A BRAIN INJURY** and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces and include immediate and transient symptoms. When the brain sustains significant accelerations and decelerations a neurometabolic cascade begins in the brain. This results in energy changes and challenges immediately as well as alteration and injury to the axons in the brain from twisting action. These processes are not visible with typical imaging protocols and so our main clue is signs and symptoms.



What are common signs and symptoms of concussions?

As you can see from the list of these immediate and transient symptoms, it is obvious why doing school work or playing a sport might be difficult.

Students may also notice changes in emotions, mood and response to certain situations. This can be disconcerting, but is not abnormal to experience.

How long does it take to recover from a concussion?

A majority of concussions, resolve in 10-14 days. Please keep in mind that the recovery from concussions is individualized and hard to predict.

What is cognitive rest and why is it being prescribed?

As stated in the most recent consensus statement (McCrory et al., 2017), 'Prescribed rest is one of the most widely used interventions. The basis for recommending physical and cognitive rest is that rest may ease discomfort during the acute recovery period by mitigating post-concussion symptoms and/or that rest may promote recovery by minimizing brain energy demands following concussion. There is currently insufficient evidence that prescribing complete rest achieves these objectives. After a brief period of rest during the acute phase (24–48hours) after injury, individuals can be encouraged to become gradually and progressively more active while staying below their cognitive and physical symptom-exacerbation thresholds (ie, activity level should not bring on or worsen their symptoms). It is reasonable to avoid vigorous exertion while recovering. The exact amount and duration of rest is not yet well defined.'

When can I expect missed work to be made up?

As symptoms begin to decrease the student should gradually increase their cognitive load to get back into the classroom full-time. The priority is to resume class attendance as soon as medical clearance is given. The amount of time the student will need to complete missed work will likely depend on their course load, courses taken and how quickly they can return to class. Please keep in mind that the recovery from concussions is very individualized.

Is it possible for the student to return-to-play or extra-curricular activities before returning-to-academics?

No! Once a student is given medical clearance they will slowly return to play and normal activities but they are instructed to focus on getting to full classroom capacity first.