



# Concussion Best Practices

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**ONE NATION.  
ONE TEAM.**

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# KEY ELEMENTS OF A CONCUSSION PROGRAM:

- 1. Education**
- 2. Designated person to report to**
- 3. Remove from play if injury is suspected**
- 4. Creation & practice of emergency action plan**
- 5. Assessment by appropriately trained healthcare professional**
- 6. No return to play without clearance from physician or other permitted professional based on your state laws**



# EDUCATION

## Everyone needs education on concussions:

- 1. Players**
- 2. Coaches**
- 3. Parents**
- 4. Administrators**
- 5. Officials**



## **SIGNS** (observable by others)

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- Appears stunned/dazed
- Confused about assignment
- Forgets an instruction
- Moves clumsily
- Answer questions slowly
- Loses consciousness
- Shows mood, behavior or personality changes

## **SYMPTOMS** (reported by athlete)

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- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Sensitivity to light or noise
- Ringing in the ears
- Feelings hazy, foggy, slowed
- Feels confused
- Unable to concentration or reporting memory problems



# EDUCATION

[www.recognizetorecover.org](http://www.recognizetorecover.org)

Information on concussions, EAP  
and more



<https://www.youtube.com/watch?v=ZbiFxxIGt4E>





# DESIGNATE A PERSON TO REPORT INJURIES

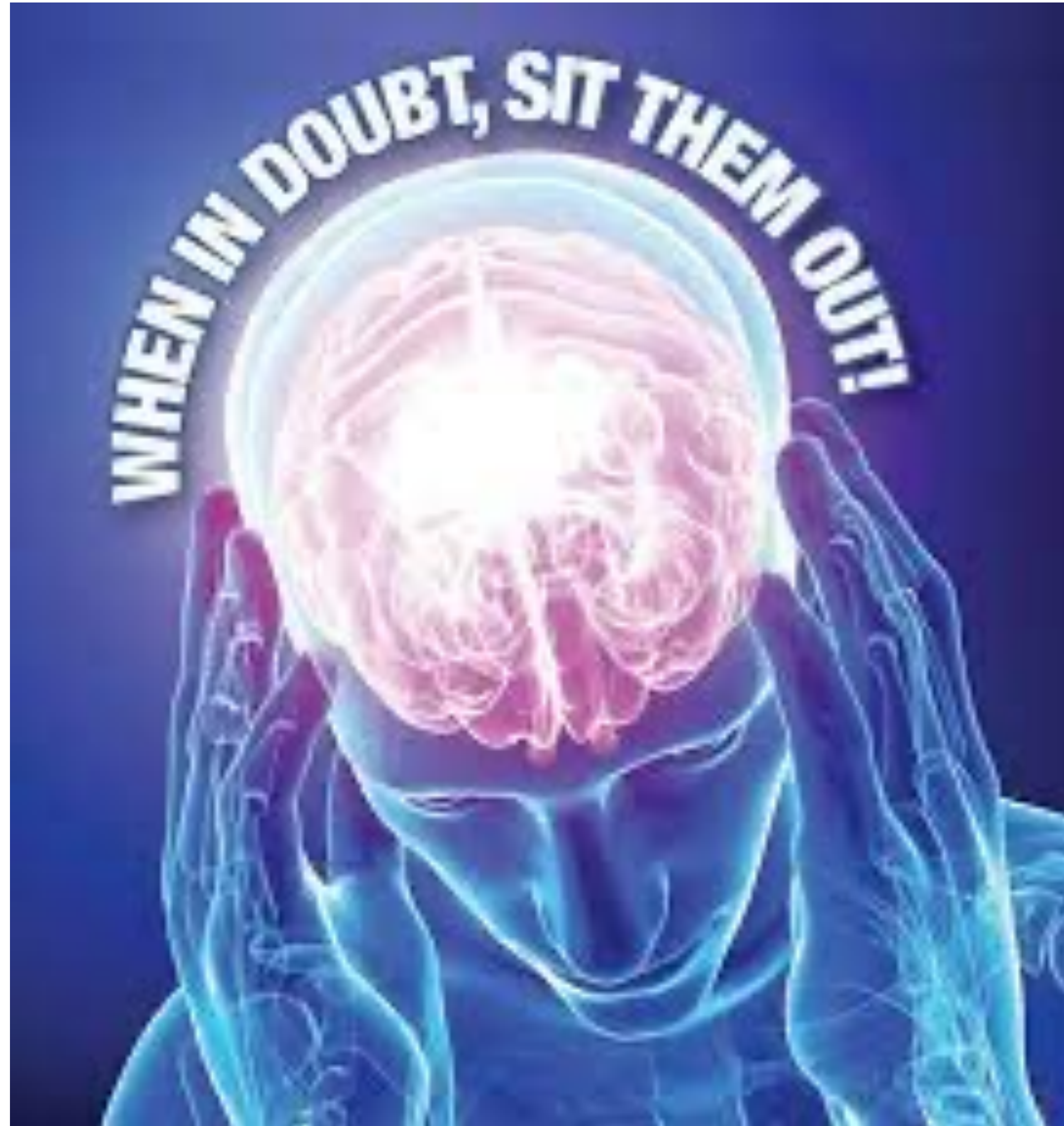
**Who should the player or teammate report to about a suspected concussion?**

**The goal is to create an “environment of safety”**





# REMOVE FROM PLAY IF CONCUSSION IS SUSPECTED





# DO YOU HAVE AN EMERGENCY ACTION PLAN?



- **Any loss of consciousness**
- **Possible seizure activity**
- **Loss of sensation in extremities**





# RETURN-TO-PLAY

- 1. Is the athlete without symptoms at rest and with exertion?**
- 2. Is their neurologic exam normal?**
- 3. Any evidence of persistent cognitive deficits?**



## **5 Steps:**

- 1. Relative rest**
- 2. Low level activity- walking, stationary bicycle**
- 3. Increased exertion- running, elliptical, stationary bicycle**
- 4. Increased exertion with turning of the head- non-contact practice**
- 5. Contact practice**
- 6. Return to full play**



# Thank you!

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