



Medical Options after Suspected Concussion/Head Injury

- 1) Athlete to report to coach/parent about injury/symptoms.
 - a. Coach – when in doubt – sit them out
 - b. Coach will contact parent/guardian and provide post injury information sheet.

- 2) **Options**
 - a. Contact Froedtert Medical Group – West Bend Rehabilitation and schedule a “Free Injury Assessment” (FIA) with a licensed athletic trainer.
Phone #: (262) 306-6319 **OR**

 - b. Contact Froedtert Concussion Clinics: **(262) 836-6200** to schedule an appointment:

Concussion clinics:

Monday at West Bend Clinic	9:00 - 11:00 am
Tuesday at Hartford Clinic	9:00 – 11:00 am
Tuesday at West Bend Clinic	2:00- 4:00 pm
Wednesday at OSSC	9:00-11:00 am
Thursday at West Bend Clinic	2:00- 4:00 pm
Friday at OSSC	9:00 – 11:00 am.

** If the patient has **not** been seen previously at the West Bend Clinic, you will be transferred to pre-registration before the appointment will be scheduled.
**Appointment will be billed to insurance or may be private pay.

- 3) Return to play:
 - a. Must be cleared by a physician with **written** documentation from the physician to be provided to coach/athletic trainer to begin return to play progression as outlined from information provided by www.wiaawi.org or www.impacttest.com
 - b. In order to resume activity, the athlete must be symptom free and off of any pain control or headache medications. The athlete should be carrying a full academic load without any significant accommodations. Finally, the athlete must have clearance from an appropriate health care provider.
 - c. The following allows for one step per 24 hours. The program allows for a gradual increase in heart rate/exertion, coordination, and then allows contact. If symptoms return, the athlete should stop activity and notify their healthcare provider before progressing to the next level.