

What should I do if I think I have had a concussion?

Report the incident.

The most important thing is to tell someone. If you are at a game or practice, tell your coach. On the sidelines, your coach, athletic trainer, or other designated person will perform a Sideline Assessment. This involves reporting the signs of concussion you feel, what the person observes, and some testing of your memory and balance. If you don't have signs of concussion until after the game or practice, tell your parents, Athletic Trainer or doctor. They can report the incident online through their dashboard on the [XLNTbrain.com](http://XLNTbrain.com) website.

**REST!**

If signs of concussion are present, REST is critical to your recovery. You SHOULD NOT return to practice or gameplay. It is natural to feel like you have to get back in the game, that you don't want to let your team, your friends, or your family down. But the truth is that if you push yourself, you will not recover as quickly and this may lead to more time off the field and away from the game. If any activity such as school work, readings, watching TV, playing video games, texting on your mobile phone, or working on the computer make your symptoms worse, you need to stop that activity.

Begin your daily symptom checklist.

This can be done online through your dashboard on the [XLNTbrain.com](http://XLNTbrain.com) website or through the XLNTbrain-mobile app. The best time of day to fill the symptom checklist out is in the evening. You will receive an email every day, reminding you to fill out the symptom checklist. Be honest about reporting your symptoms. Your healthcare provider will be able to review your checklist as soon as you fill it out, to make decisions about your return to normal activity. This may be delayed if the athlete does not fill out the checklist on a daily basis.

Contact your healthcare provider.

Let your healthcare provider know about the potential concussion incident. If you or your parents have already designated a healthcare provider, an email is sent alerting them that an incident has been reported. You will need to follow this up with a phone call to the healthcare provider's office. Your healthcare provider should arrange for an appointment with you to make the diagnosis and to recommend further testing and management if necessary. Your healthcare provider may provide you with a Post-concussion Care Plan, which may include recommendations regarding modification of your school related activities to allow you to continue school without provoking your concussion related symptoms. It is important that you let your healthcare provider know if this activity is too much, so that the Care Plan can be modified appropriately.

Take a post-concussion test.

Your healthcare provider will authorize you to take a post-concussion test similar to the test you took in the pre-season. Normally this would be done in the healthcare provider's office. This testing would be done the first time as soon as possible after the concussion incident, and then again when your symptoms have resolved at rest.

Five step progressive exertion.

Once your symptoms have resolved at rest, and your post-concussion testing is at baseline, your healthcare provider will authorize your Five Step Progressive Return to full exertion. This may be supervised by your coach or parents. You must remain symptom free during each step. If signs and symptoms of concussion return upon exertion, you must fall back to the previous level of exertion that does not provoke the concussion related symptoms for a day, and then you may attempt to progress the next day. Further information about the Five Step Progressive Exertion may be found on the [XLNTbrain.com](http://XLNTbrain.com) website.

Final post-concussion testing and return to gameplay.

Once you are able to endure full physical exertion without provoking concussion symptoms, your healthcare provider will authorize your final post-concussion test. If you perform at baseline on this test after full exertion, your healthcare provider will clear your return to full activity.