




# Concussion Action Plan





**PRE-SEASON ACTION PLAN**

- Baseline balance and coordination
- Computerised brain function test
- Concussion history



**SUSPECTED CONCUSSION**


- Basic First Aid
- Check for signs of structural head injury
- See Medical Doctor



**MEDICAL DOCTOR**



Assess:

- Symptoms
- Memory and recall
- Neuro Exam
- Balance Test
- Computerised brain function test



**PHYSIOTHERAPIST/TRAINER**

Rehabilitation



**CONCUSSION SPECIALIST**

If:

- Prolonged Recovery
- Multiple concussions

