

## Patient information

### Concussion - Important Information for Patients

#### Emergency Care – Royal Liverpool Hospital

You have been diagnosed with concussion. This leaflet provides advice on the initial management of this condition along with guidance on returning to normal daily activities including work/study and exercise.

**Please note that this guidance is only for adults with concussion.**

#### What is concussion?

Concussion is a brain injury that results in a temporary disturbance of brain function. It can cause a wide range of symptoms including headache, dizziness, sleep disturbance, mood/behavioural changes and impaired memory and concentration. Following the advice outlined below increases the likelihood of a more rapid recovery.

#### Step One: Initial management

This should consist of 24-48 hours of moderate rest (i.e. not bed rest), during which time most symptoms should settle. The brain should also be rested, for example by reducing time spent watching TV, reading, using phones / smart devices or playing on game consoles.

**Drinking alcohol and driving should be avoided until all symptoms have resolved.**

#### Step Two: Returning to work / study

Once symptoms have resolved you can gradually return to normal daily activities and work/study over the next few days **you may need** to consider reduced work/study hours initially should returning to full-time work/study trigger a return of symptoms

#### Step Three: Returning to sport and exercise

Returning to sport and exercise (particularly contact sport) before you have fully recovered increases the risk of prolonged symptoms and further injury (including a second concussion).

It is important you have successfully returned to work/study and remain symptom-free **before** exercising. This should be no sooner than a **minimum of two weeks** after sustaining the concussion.

After completing Steps one and two a graduated return to sport and exercise can be commenced following the stages outlined below. Only one stage should be completed in a 24 hour period and advancing to the next stage should only take place if you remain symptom-free.

If symptoms return, at any point, a minimum period of 24 hours rest without symptoms is required before returning to the previous stage that did not cause symptoms.

It is recommended a doctor (e.g. your family doctor (GP) or other health professional confirms you are fully recovered before progressing to Stage Five (return to play / competitive sport).

**Graduated Return to Sport process (24 hours per stage):**

|                         | <b>Stage one</b>                           | <b>Stage two</b>                   | <b>Stage three</b>   | <b>Stage four</b>          | <b>Stage five</b>                |
|-------------------------|--|------------------------------------|--|----------------------------|----------------------------------|
| <b>Type of activity</b> | Light exercise                             | Sport-specific / moderate exercise | Non-contact training   | Full-contact practice      | Return to play                   |
| <b>Example</b>          | Walking, light jogging, stationary cycling | Running or running drills          | More complex training (e.g. passing drills), may start resistance training | Normal training activities | Competitive games/matches/ races |
| <b>Duration</b>         | Less than 15 minutes                       | Less than 45 minutes               | Less than 60 minutes   |                            |                                  |

**Sport-related concussions**

If you have sustained a previous concussion within the last 12 months, have been concussed several times in the past or have symptoms that are persisting beyond 10-14 days it is recommended you be assessed by a healthcare provider with experience in managing sport-related concussions.

**Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

**Further Information**

**Department of Emergency Medicine**

**Tel: 0151 706 2000 Ext 2056/58**

**Text phone number: 18001 0151 706 2000 Ext 2056/58**

**References:**

**Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016**

**The RFU's Headcase Concussion Management Guidelines. Available at:**  
**[www.englandrugby.com/participation/playing/headcase/resources](http://www.englandrugby.com/participation/playing/headcase/resources)**

**The FA's Concussion Guidelines. Available at:**  
**[www.thefa.com/get-involved/fa-concussion-guidelines-if-in-doubt-sit-them-out](http://www.thefa.com/get-involved/fa-concussion-guidelines-if-in-doubt-sit-them-out)**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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