

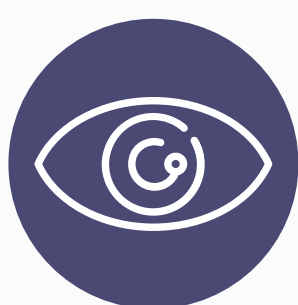
RETURN-TO-SPORT

CONCUSSION AND VISION



CONCUSSION

a concussion is a brain injury resulting in a sudden shaking or jarring of the brain inside the skull



VISUAL SYMPTOMS

concussions have visual implications such as blurry vision, involuntary eye movement, sensitivity to light, etc. This symptoms may be difficult to identify in athletes presenting similar pre-existing symptoms due to their vision impairment

SO, YOU HAVE A CONCUSSION. WHAT ARE SOME AVAILABLE ASSESSMENTS?

Athletes who are blind or visually impaired may benefit from additional rehabilitation such as:

- Orientation and mobility assessment
- Functional Vision assessment
- Vision Therapy
- Vestibular and Oculomotor assessment

Make sure the assessments are done by a certified professional

WHEN CAN I START TO RETURN-TO-SPORT?



GUIDANCE FROM PHYSICIAN

it is important to follow the Return-to-Sport guideline as per instruction from the medical professional you are seeing for your concussion



INITIAL REST PERIOD

an initial 48 hour rest period is key to give your brain time to rest before starting to return to any activities



GENERAL RULES FOR GUIDELINE

1. each stage is at least 24 hours. Progress to the next stage only if activities are tolerated without new or worsening symptoms
2. if symptoms reappear, return to the previous stage for at least 24 hours
3. if symptoms don't improve, but continue to get worse, contact your doctor or get medical help immediately

1

SYMPTOM LIMITING ACTIVITY

ACTIVITY

Daily activities that do not provoke symptoms

GOAL

Gradual re-introduction of work/school activities

POSSIBLE MODIFICATIONS

Modifications of print and technology, avoiding overstimulating environments (lighting/acoustics)
See "Return-to-School" and "Return-to-Work" for more information

2

LIGHT AEROBIC ACTIVITY

ACTIVITY

Walking/stationary cycling at slow to medium pace - no resistance training

GOAL

Increase heart rate

POSSIBLE MODIFICATIONS

Safe environment with few obstacles, smooth surface, avoid overstimulating environments (lighting/acoustics), use of a sport guide while exercising, routine check-in with athlete

3

SPORT-SPECIFIC EXERCISE

ACTIVITY

Running/skating drills.
No head impact activities

GOAL

Add movement

POSSIBLE MODIFICATIONS

Individual activities, exercise with a guide, start orientation drills, take breaks, avoid overstimulating environments (lighting/acoustics)

4

NON-CONTACT TRAINING DRILLS

ACTIVITY

Harder training drills, i.e., passing drills. May start progressive resistance training

GOAL

Exercise coordination and increased thinking

POSSIBLE MODIFICATIONS

Routine check-in, activities with a partner, introduce additional stimulus as appropriate (consult with eyecare professional as necessary)

5

FULL CONTACT PRACTICE

ACTIVITY

Return to full contact practice. **Must receive medical clearance before progressing to this stage**

GOAL

Restore confidence and assess functional skills

POSSIBLE MODIFICATIONS

Routine check-in

6

RETURN TO SPORT

ACTIVITY

Normal game play

GOAL

Full return to sport

POSSIBLE MODIFICATIONS

Once athlete has been cleared for full return-to-sport, there are no extra needed modifications

FOR MORE INFORMATION VISIT:

- parachute.ca for more concussion guidelines and protocols
- cattonline.com for more concussion education
- Canadianblindsports.ca for more on athletes who are blind or visually impaired