

# Clinical Management Overview of Pediatric Sport-Related Concussion

## Preparticipation medical contact

Gather relevant data

- Brain injury history, including symptom-based concussion assessment
- Baseline level of "postconcussive" symptomatology

Provide education

- Injury prevention
- Injury recognition (eg, loss of consciousness is not the only indication of a concussion)

## Immediate post-concussion evaluation

Rule out medical emergencies

- Thorough physical examination
- Neuroimaging as indicated

Assess mental status in standardized fashion

If concussion is suspected, no return to play until medically cleared

## Recovery tracking

Conduct serial physical examination

Systematically evaluate PCS

## Return to play

At earliest, return athlete to play when:

- No signs or symptoms of any kind are apparent at rest or during exertion
- Neurologic examination is normal
- Neuroimaging is unremarkable when performed

Return in gradual, stepwise fashion

## Nonsport considerations

Provide general concussion education to patient, parents, and school personnel

Ensure appropriate support in place for transition back to school

Treat each medical problem symptomatically

Expect positive outcome for most children

When recovery is not proceeding as expected, promptly refer to specialists (eg, in neuropsychology, neurology, rehabilitation, sports medicine, pain management, education, behavioral health)