



Course Outline | 1 hour

1 Concussion Basics.

- How many of our athletes are actually receiving a concussion and why?
- How to recognize a concussion (signs and symptoms)
- What happens inside the brain from a concussion and how long does it take to recover?

2 When a Concussion is Suspected.

- When do I remove someone from play?
- How do I properly assess and monitor a concussion?
- What are the immediate and long-term risks associated with concussion? What is second-impact syndrome?
- What immediate and overnight care should be taken?

3 Baseline Testing.

- Should athlete's get a baseline test?
- What is the purpose of a baseline test?
- What kind of baseline test should our athletes take?

4 Concussion Management.

- Where should I be sending my athletes for treatment and follow up care?
- Who should be making the return-to-play decisions for our athletes?

5 Return-to-Learn & Play.

- What are the stages of recovery for an athlete?
- When can the athlete return to practice or games?
- What drills can the athlete returning to practice participate in? What restrictions does the athlete have?
- What can I do to help?

6 CCMI's Concussion Tracker App.

- How to report an injury
- How to add a team roster
- How to view progress on injured athletes

About Complete Concussions.

Complete Concussions is a global concussion research and clinical management network with 450+ clinic locations that provide concussion testing, management, and treatment services across 3 continents. Through evidence-based training programs and integrated healthcare technologies, Complete Concussions empowers multidisciplinary teams to provide standardized care to those impacted by concussions. For more information, visit <https://completeconcussions.com/>.

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