



## Concussion resources

### SIRC Article – Best Practices in Concussion in Sport

- <https://sirc.ca/blog/concussion-updates-consensus-statement/>

### Sport Injury Prevention Research Centre:

<https://ucalgary.ca/sport-injury-prevention-research-centre/sport-injury-prevention-research-centre>

### Amsterdam concussion issues in BJSM:

- <https://bjsm.bmj.com/content/57/11>
- <https://bjsm.bmj.com/content/57/12>
- **REDUCE** – Consider prevention strategies in your sport including policy, personal protective equipment, neuromuscular training (<https://www.ucalgary.ca/shred-injuries>) and protocols.
- **REST and EXERCISE, REHABILITATION**
  - Relative rest for the initial 24-48 hours with limited screen time but early return to light physical activity such as walking
  - Initiate aerobic exercise 2-10 days following concussion following the principles of mild (1-2/10-point increase from pre-activity symptom rating) and brief (<1hour), STOP if symptoms increase >2 points or last more than 1 hour
    - <https://bjsm.bmj.com/content/57/12/762#>
  - Cervicovestibular rehabilitation is recommended for dizziness, neck pain and/or headaches that persist >10 days
    - <https://bjsm.bmj.com/content/57/12/771.info>
    - <https://www.youtube.com/watch?v=xhTcjz-vWuQ>
- **REFER:** To an interdisciplinary team with expertise in concussion if symptoms persist for > 4 weeks for children, adolescents and adults
- **REFINE:** Adaptation of current concussion processes is often required for para athletes with different impairments. This work is ongoing however the Concussion in Para Sport (CIPS) position statement provides recommendations that can be used in practice:
  - <https://bjsm.bmj.com/content/bjsports/55/21/1187.full.pdf?with-ds=yes>

Some additional Canadian resources that have been part of the national harmonization strategy and are currently being updated:

- Canadian Guideline on Concussion in Sport (which will be updated by the end of 2023)
  - <https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>
  - Sport specific return to sport strategies:
    - <https://www.parachutecanada.org/en/professional-resource/concussion-collection/concussion-protocol-resources-for-sport-organizations/>
- Concussion Awareness and Training Tool (CATT)
  - <https://cattonline.com>



- Massive Open Online Course (MOOC) in Concussion. The next iteration coming in Winter 2026 – you can sign up at the links below (both English and French):
  - <https://kinesiology.ucalgary.ca/current-students/online-concussion-course>
  - <https://www.ulaval.ca/etudes/mooc-formation-en-ligne-ouverte-a-tous>
- NCCP Making Head Way in Sport eLearning:
  - <https://coach.ca/nccp-making-head-way-sport>

#### **Health care related resources:**

- Living guideline for pediatric concussion care:
  - <https://pedsconcussion.com>
- Living concussion guidelines: Guideline for Concussion & Prolonged symptoms for adults 18 years of age or older:
  - <https://concussionsontario.org>

#### **Additional references and resources specific to PT:**

##### **Summary of primary, secondary and tertiary prevention in concussion**

<https://soundcloud.com/bmjpodcasts/kathryn-schneider-talks-concussion-primary-secondary-and-tertiary-prevention>

<http://explore.ucalgary.ca/sports-related-concussions-and-brain-injuries>

##### **JOSPT article evaluating changes in clinical function following concussion:**

<https://www.jospt.org/doi/abs/10.2519/jospt.2018.8258>

##### **RCT – Cervicovestibular rehabilitation**

<https://bjsm.bmj.com/content/48/17/1294>

##### **Masterclass Articles:**

Schneider KJ. Masterclass Article. Part I: The need for a multifaceted assessment. Musculoskeletal Science and Practice.

<https://authors.elsevier.com/a/1ZBhh8nLVhcii8>

Schneider KJ. Masterclass Article. Part II: Rehabilitation. Musculoskeletal Science and Practice.

<https://authors.elsevier.com/a/1ZBhh8nLVhciDH>

##### **Dynamic recursive model of concussion:**

<https://www.jospt.org/doi/full/10.2519/jospt.2019.8926>

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