



Sports Medicine Concepts



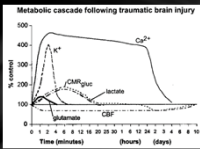

Using the SCAT₅
A Model Step-Wise Recovery Progression




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Systematic Review



- *The Neurometabolic Cascade*
- 2017 Consensus Statement
 - Mechanisms of Concussion
 - SCAT₅ Article
 - SCAT₅ Evaluation Packet
 - Step-Wise Recovery Progression
- *Clinical vs. Physiological Recovery*

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The SCAT₅

- SCAT₅ BJSMC
- SCAT₅ Modifications

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Step-Wise Recovery Progression

85% : Simple RTP Progression

- Symptom Driven
 - 24-48hrs?
 - 7-10 days asymptomatic?
 - 24 hour intervals
- Clinical vs. Physiological Recovery
 - Multi-modal
 - Doesn't seem like it has to be that complicated?




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The Shut-Down Phase

Doing the Right Things *Remaining 15%*

85% of concussions will resolve within 10 days when we do the right things!

- What happened to PRICE Principle?
 - Phase I: 48-72hrs complete rest

May require more extensive recovery, but a monitored approach will facilitate healing and recovery



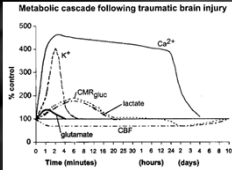


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Aggressive vs. Conservative RTP

Is a Full 7-10 days always necessary?

Physician may clear for RTP earlier

- Experience with SRC
- Does it make sense?
 - At risk
 - Females
 - Prior hx
 - Young athletes
 - Collision /Contact sport
 - Neurocascade

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Protracted Recovery

Cascade is an Average

Re-coupling of CBF May happen sooner in some, later in others

Modifying Conditions

- Vestibular System Involvement
 - Concussive labyrinth injury
- Medications
- Pre-existing medical conditions
- Depression

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Clinical Referral

CBF Uncoupling

Reconditioning can facilitate recoupling of CBF

- SMC Medically Supervised Exercise Prescription

Vestibular Signs and Symptoms

Vestibular signs and symptoms that do not resolve within 7-10 days

- VOR
- VSR
- BPPV

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Reconditioning

De-conditioning with protracted recovery

Slower progression through stages to get athletes back into shape!

Mediate on-set of secondary conditions

- Clinical depression
- Sports-specific activities
- Practices/warm-ups

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Conclusion

In This Segment

We reviewed the SCAT5 as a means of safe handling protocol
CMS RTP/RTL Progressions as vehicles for creating an optimal environment for recovery from a sports-related concussion.



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Wrap-Up

- I enjoyed this session very much.
- Another opportunity to reflect and improve

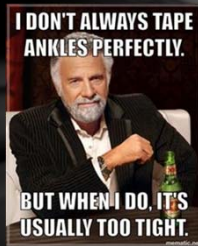
Resources Page

- Lets see some questions/comments/and discussion!
- 30 days to complete all requirements

Follow-Up email

- Quiz links
- Course evaluation

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