

PHASE

3

GRADUAL RESUMPTION OF PHYSICAL OR SPORTS TRAINING FOLLOWING A MTBI

When you are ready to resume physical or sports training, you must follow the recommended steps.

In the initial days of resumption of physical or sports training, the person must avoid engaging in training in which shocks to the head or falls are likely, for example, hockey, soccer, football, basketball, freestyle skiing, skateboarding, snowboarding, mountain biking (this list is incomplete; it is provided as an indication).

At least 24 hours must elapse between each step of gradual resumption of physical or sports training.

If symptoms reappear at any of the steps, **stop the activity IMMEDIATELY and impose a period of rest** until the complete disappearance of the symptoms for at least 24 hours.

RETURN TO THE PRECEDING STEP IF SYMPTOMS REAPPEAR.

STEP 1 Light training exercises

- NO CONTACT (checking, jumping or spinning)
- Light physical fitness exercises that make it possible to increase heart rate: rapid walking, light running, treadmill, rowing or swimming

STEP 2 Training specific to the physical activity or sport practiced individually

- NO CONTACT (checking, jumping or spinning)
- Begin exercises specific to the practiced sport

STEP 3 Training specific to the physical activity or sport practiced individually or with a teammate

- NO CONTACT of the checking type
- Begin resistance training
- Add more intensive exercises requiring attention and concentration efforts
- Begin spinning and jumping

- Engage in training on the playing surface
- Begin throwing, kicking and passing exercises with a teammate

STEP 4 Training specific to the physical activity or sport practiced as a team, with contact

- CONTACT and SCRUM
- Resume full training on the playing surface and with teammates (allows to regain self-confidence and evaluate one's skills in the sport engaged in)

If you complete your training without any symptoms, you are ready for a return to competition at your usual level of performance. If you are followed by a trainer, your return to competition must be discussed with him or her. The trainer must be certain that you have regained sufficient self-confidence and have returned to your usual playing level before you resume competition.

STEP 5 Return to competition (only if all intellectual activities are symptom free)

Non-compliance with these guidelines may prolong or aggravate the symptoms after a MTBI or even make them persistent. It is strongly recommended not to take such a risk.

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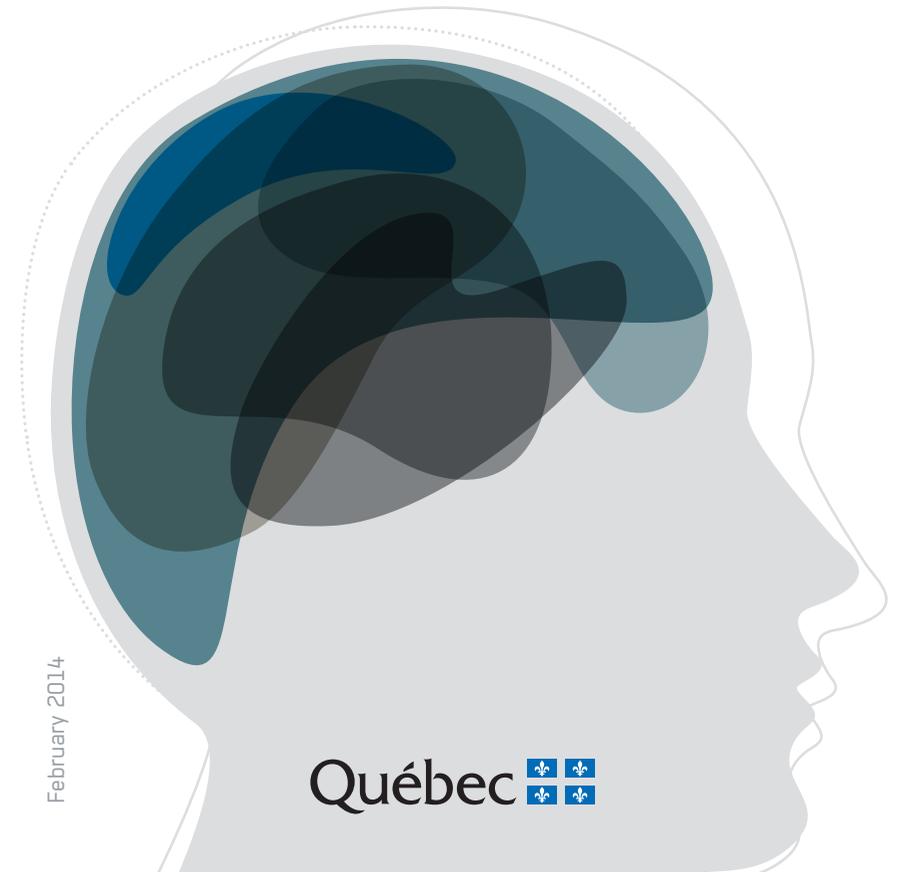
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Québec 

INESSS
LE SAVOIR PREND FORME

ADVICE

ADULTS 16 YEARS OF AGE OR OLDER FOLLOWING A MILD TRAUMATIC BRAIN INJURY (MTBI)

For the gradual resumption of intellectual activities and physical or sports training



February 2014

Québec 

A direct or indirect shock to the head can cause a brain injury. A mild traumatic brain injury, commonly called a concussion, frequently causes various symptoms that can affect a person's functioning in his or her normal daily activities.

FREQUENT SYMPTOMS FOLLOWING A MILD TRAUMATIC BRAIN INJURY

Headaches	Attention problems
Dizziness	Concentration problems
Blurred vision	Memory problems
Nausea	

For 80% to 90% of people who have sustained a MTBI, these symptoms disappear completely between seven and ten days after the injury and, in 95% of cases, within one month after the injury.

This pamphlet covers three phases. It is important to follow these recommendations in order to encourage the complete disappearance of symptoms.

PHASE 1

INITIAL REST

To promote a symptom-free return to normal activities, it is recommended that intellectual, physical and sports activities, as well as driving a motor vehicle, be limited for a few days.

Do not drink alcohol or take drugs, including sleep medication, until the symptoms disappear completely.

The recommended initial rest phase consists of short periods, of 15 to 20 minutes at a time, of light intellectual activities (reading, drawing, video games, etc.) or light physical activities (stretching exercises, slow walking – speed of 4 km/h, etc.).

Complete bed rest is not advised.

Activities should be resumed gradually, after symptoms have completely disappeared. When symptoms have disappeared, you can gradually resume your usual activities by following the steps described in phases 2 and 3.

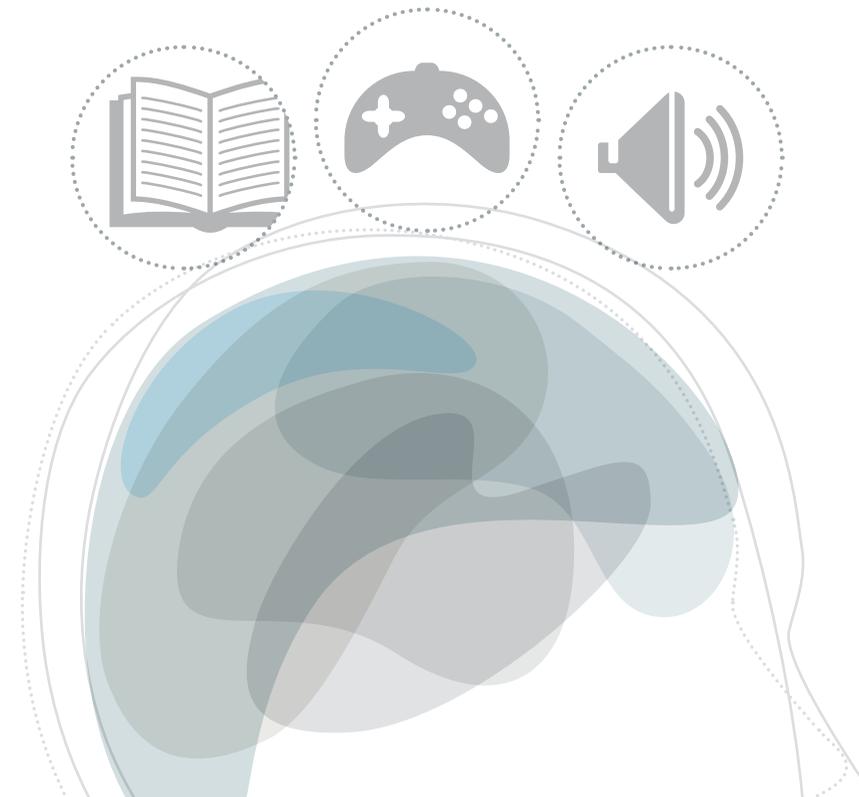
PHASE 2

GRADUAL RESUMPTION OF INTELLECTUAL ACTIVITIES FOLLOWING A MTBI

Intellectual (school, artistic or recreational) activities require concentration, thought and memory (reading, school work, work on a computer, video games, drawing and painting, etc.). Exposure to loud noises or bright lights (high-intensity music, movie theatres, concerts) must also be included on that list.

During the first two weeks following a MTBI or until normal resumption of symptom-free activity, it is usually recommended **NOT TO ENGAGE** in activities that can generate anxiety (school exams, tests, quizzes, oral presentations).

It is very important to inform the people in charge and intervening parties (employer, teachers, trainers) about the MTBI and associated restrictions.



RETURN TO THE PRECEDING STEP IF SYMPTOMS REAPPEAR.

STEP 1 Limit intellectual activities for a few days in order to ensure proper rest. Limit to periods of 15 to 20 minutes at a time such activities as:

- reading, writing, school work;
- work on the computer, television, video games and text messaging, playing a musical instrument;
- listening to music or other high-intensity noises, exposure to bright lights.

Reduce the intensity of activity if symptoms increase.

STEP 2 Gradually resume structured intellectual activities (school activities, music, singing, theatre).

- Engage in activities for half-days during the initial days and increase to full days when able to tolerate them.
- Reduce the intensity of the activity if symptoms increase. It may be useful to withdraw to a calm location or take breaks during the activity.

STEP 3 Resume the school, work, artistic or recreational routine completely.

- Resume projects requiring a higher level of intellectual activity, while limiting stress and anxiety.
- Begin with one school-related examination a week and increase the number subsequently.

The complete resumption of intellectual activities should precede any resumption of high-risk physical or sports activities (steps 4 and 5 of the resumption of physical or sports activities).