

Return to Normal Life and Sport Guidance

Use this checklist to record your progress. After 24-48 hours of rest and mild activity that does not cause symptoms—Look to progress through the stages of RETURN TO NORMAL LIFE and RETURN TO SPORT. Adults should not return to competitive contact sport before 12 days after the injury. Rushing back early risks your brain health and further sports injuries—as well as playing poorly.

MONITORING GUIDE FOR RETURN TO LIFE AND SPORT WITH CONCUSSION IF SYMPTOMS APPEAR – TAKE A STEP BACK AND TRY AGAIN WHEN SETTLED		RECORD DATE HERE
RELATIVE REST PERIOD	24-48 HOURS OF DAILY LIFE THAT DOES NOT PROVOKE SYMPTOMS	
RETURN TO NORMAL LIFE	STAGE 1- SMALL AMOUNTS OF READING OR TV	
24 hrs	STAGE 2 -SMALL AMOUNT OF WORK/STUDY AT HOME	
24 hrs	STAGE 3- PART TIME RETURN TO WORK. 15 MINUTES ON EXERCISE BIKE	
24 hrs	STAGE 4- FULLTIME RETURN TO WORK	
GRADUATED RETURN TO SPORT	STAGE 2 – LIGHT EXERCISE	
24 hrs	STAGE 3 – RETURN TO GYM. SPORT SPECIFIC EXERCISE	
24 hrs	STAGE 4- NON-CONTACT TEAM TRAINING	
24 hrs	STAGE 5- FULL CONTACT TRAINING	
MEDICAL REVIEW – SEE A DOCTOR. TAKE THIS FORM		
24 hrs	STAGE 6- RETURN TO COMPETITIVE SPORT	

Minimum 23 days return to play Under 19's

Minimum 12 days return to play in adults

Adult Sports Concussion advice



Queen Margaret
Minor Injury Unit
Dunfermline
KY12 0SU
Tel: 01383 627027

Emergency
Department
Victoria Hospital
Kirkcaldy
Tel: 01592 729001

Minor Head Injury advice and concussion advice for adults

You have been assessed regarding your head injury and we believe the injury is not serious. Very occasionally complications can develop.

It is important that a friend or relative stays with you for the first 24 hours after your injury.

Concerning symptoms and signs to look out for after a head injury:

- **Difficulty in waking up**
- **Confusion** (not knowing where you are, getting things muddled up)
- **Severe headache** (not helped by paracetamol)
- **Vomiting** (2 or more times)
- **Fits / seizures** (collapsing and feeling out of touch afterwards)
- **Numbness** or weakness in arms / legs
- **Problems with your vision**
- **Watery liquid** from ears or nose

If you develop any of the above symptoms, then you should return to the Emergency Department

Concussion

Concussion is a brain injury.

Often people can feel unwell with symptoms of concussion after a head injury. 90% are better at 7-10 days.

If you do suffer any symptoms of concussion:-

Do not drive until your symptoms have resolved. Do not drink alcohol until your symptoms have resolved

Symptoms	S	C	O	R	E		
Mild headache	0	1	2	3	4	5	6
Pressure in Head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea/ sickness	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Feeling slow	0	1	2	3	4	5	6
Feeling in a fog	0	1	2	3	4	5	6
“Don’t feel right”	0	1	2	3	4	5	6
Memory problems	0	1	2	3	4	5	6
Poor concentration	0	1	2	3	4	5	6
Tiredness	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Feeling emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Feeling Anxious	0	1	2	3	4	5	6
Feeling Sad	0	1	2	3	4	5	6
Poor sleep	0	1	2	3	4	5	6

Please read the advice below on returning to normal life activities, and returning to sport after concussion. Score your symptom

Concussion can develop directly after a head injury, or the symptoms may be delayed by up to 72 hours.

If you develop any of the above symptoms, they usually settle within 2 weeks without any treatment. If they last longer than this then please **SCORE YOURSELF** and see your own doctor.

Getting back to life and sport with concussion

1. **Rest for 24 hours ONLY**
2. **Begin to “Return To Normal life”**
3. **Then begin “Return To Sport”**

Staged return to Normal Life

Stage 1. Daily activities—watch TV/ Read

Stage 2. Limited study/ work from home

Stage 3. Part time return to study / work

Stage 4.

Return to

full work

and study.

Progress at

24 hour

intervals. If

symptoms

recur—drop

back a level

and try

again.

More info -

