

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

COMPLETE CONCUSSION MANAGEMENT INC.

CCMI is a global concussion research and clinical management network with 350+ clinic locations that provide concussion testing, management, and treatment services across 5 countries. Through evidence-based training programs and integrated healthcare technologies, CCMI empowers multidisciplinary teams to provide standardized care to those impacted by concussions. CCMI serves to improve the collective understanding of the prevention, management, and prognosis of concussion, while providing accessible, patient-centric care based on the latest scientific and medical research. For more information, visit <https://completeconcussions.com/>.

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