



# THE CENTER

ORTHOPEDIC & NEUROSURGICAL  
CARE & RESEARCH

Dear Parent,

Since 1981, The Center has provided Central Oregon with a physician directed sports medicine program that is dedicated to improving and maintaining the health of local youth and student athletes. The program provides the following services at no cost to Bend FC Timbers athletes:

- On field medical care for athletes at major tournaments and events from athletic trainers (ATs) and/or physicians
- Educational coaching/teaching in areas such as injury prevention, concussion awareness, and concussion management
- Free pre-season sports physicals on a designated night before the fall sport season for all high school and middle school athletes through The Center Foundation

As a parent, understanding the role of an athletic trainer (AT) and the level of care they are capable of providing is very important. ATs are allied healthcare professionals who collaborate with physicians, emergency personnel, therapist, parents and coaches to provide care for the injured athlete. The services provided by ATs include injury prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and general medical conditions. Many ATs working for The Center hold their master's degree in an area related to sports medicine and all are certified by the Board of Certification and registered in the state of Oregon.

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If you have questions, please contact The Center's athletic trainer assigned to the Bend FC Timbers:

**Jaron Wilson, ATC**

**The Center**

Certified Athletic Trainer

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(office) 541-322-2330

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# Concussion Information

A concussion is a traumatic brain injury that alters the way a brain functions. Although concussions are usually caused by a blow to the head, they can also occur when the head and upper body are violently shaken causing the brain to be forced back and forth inside the skull. They can range from mild to severe and 90% of all concussions occur without a loss of consciousness. Signs and symptoms can present immediately or can take a few hours or days to fully appear. All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

## Observed Signs & Symptoms

Physical		Thinking	Emotional	Sleep
Headache	Sensitivity to light	Feeling mentally foggy	Irritable	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling slowed down	Nervousness	Trouble falling asleep
Dizziness	Balance problems			

### **RED FLAGS:** Seek immediate medical attention if any of these are present:

Loss of consciousness	Increasing confusion	Continually worsening headache	Can't recognize people
Seizure	Repeated vomiting	Look very drowsy, can't be awakened	Increasing irritability
Slurred speech	Unequal pupils	Weakness/numbness in arms/legs	Unusual behavior

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with signs and symptoms of a concussion should be removed from practice or game immediately. Continuing to play leaves the young athlete vulnerable to sustaining another concussion. No athlete may return to activity after sustaining an apparent concussion, regardless of how mild or how quickly the symptoms clear. There is an increased risk of significant damage to the brain in an athlete who sustains a second concussion before the first one has resolved. This can lead to prolonged recovery or even severe brain swelling (Second Impact Syndrome) with devastating and even fatal consequences.

### **Return to Practice and Competition**

Jenna's Law (SB 721) was enacted in 2014 and requires Oregon Non-School Sports and Officiating Organizations to implement concussion management guidelines for all teams that include children 17 years of age and younger. The Bend FC Timbers Concussion Management Policy states that any athlete with a concussion or suspected concussion should be removed immediately and cannot return to play until a health care professional has evaluated the athlete and provides written clearance for return to play. The athlete will complete a graduated, step-wise return-to-participation progression under the guidance of a coach, athletic trainer or other medical professional and then have a written clearance note from a health care professional. The Center offers a walk-in clinic called NOWcare Monday-Friday 9am-4pm, available for athletes that are suspected of having a concussion

## Cognitive Rest and Return to Learn

The first step to concussion recovery is cognitive rest and is essential for the brain to fully heal. Activities that require concentration and attention such as homework, use of electronic devices (computers, tablets, video games, cell phones, etc.) and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified initially while they are recovering from their concussion. This may involve staying home from school for a few days, followed by a lightened school schedule and then gradually returning to a normal schedule. No consideration should be given to returning to full physical activity until the student is fully integrated back into the classroom and is symptom free.

### First 24 Hours after a Concussion: Common Questions

#### **Q: Do I need to wake my child up every hour when s/he is sleeping?**

A. No. Sleep is the best treatment for a concussion. It is okay to let him/her sleep without interruption the night of the injury after evaluation by a health care professional, or if you have spoken with your child's physician and s/he does not think your child needs further evaluation in the emergency department.

#### **Q. Is it okay to give my child medicine for his/her headache?**

A. Relieving headache pain is certainly appropriate, but it does not replace the need for cognitive and physical rest if symptoms are present. Be aware that symptom improvement with medication does not mean that the brain has recovered. After a concussion is diagnosed, talk to your physician about the use of medication — including type of medication and dose — for headache pain and other symptoms.

\*\*\*Acetaminophen (Tylenol) is the only pain reliever that should be given for a concussion related headache, avoid NSAIDs (Ibuprofen, Advil, Motrin, others) & aspirin\*\*\*

#### **Q. My child wants to sleep all day long. Should I allow him/her to sleep as much as s/he wants?**

A. A concussion affects how the brain works, so resting the brain as much as possible is necessary for recovery. Large amounts of sleep are normal. When your child is sleeping, his/her brain is recovering. It is a good idea to track the amount your child is sleeping and report it to your medical professional.

For additional information on concussions:

- The Center on Brain Injury Research and Training [www.cbirt.org](http://www.cbirt.org)
- CDC "Heads Up" <http://www.cdc.gov/headsup/index.html>
- Brain 101 <http://brain101.orcasinc.com>

**NOW  
CARE.**

NEURO &  
ORTHO  
WALK-IN  
CLINIC

**For immediate medical assistance, call 911.**  
*An athlete may be evaluated by a physician on the same day or following day, check-in through NOWcare at The Center, 2200 NE Neff Road in Bend.  
Monday thru Friday 9:00 a.m. - 4:00 p.m.*

# Bend Timbers Return to Sport Post-concussion Protocol

**\*ONLY ONE STEP MAY BE DONE PER 24 HOURS. In order to progress to the next step, athlete must stay symptom free on current step. If symptoms are exacerbated at any time the athlete needs to stop activity, then the athlete must go back to the previous step. The athlete may not re-start steps until symptom free for 24 hours unless otherwise instructed by a medical professional.\***

Step 0. **(Day of concussion)** Total Rest.

- Limit cell phone/television/electronics use/reading
- No further physical activity

Step 1. Rest

- See physician/medical professional (Must see within 72 hours of suspected concussion)
- Limit cell phone/television/electronics use/reading

Step 2. Light Aerobic Activity

- May start after all symptoms have subsided for 24 hours
- Very limited time (15-30 minutes) with slightly elevated heart rate
- Potential activities: static stretching, dynamic stretching, jog, juggle soccer ball (feet and knees only)
- No resistance or weight training. No running or sprinting
- \*May schedule ImPACT testing, must complete any time before step 5\*

Step 3. Moderate Aerobic Activity

- Limited to 60 minutes
- May begin running (not sprinting)
- Potential activities: half field runs, run-jog intervals, dribble ball with pace, moderate-intensity **individual** drills
- No resistance or weight training. No sprinting yet.

Step 4. Non-Contact Practice

- Must be back at school full time with no accommodations
- May work-out for unrestricted amount of time
- May begin sprints and weight lifting/resistance training
- May join in on non-contact (no offense vs defense) drills
- No heading the ball

Step 5. Medical Clearance

- Have ImPACT Test completed
- Follow up with doctor/medical professional if needed
- Obtain written clearance to give to coach prior to starting step 6

Step 6. Full-Contact Practice

- Unrestricted practice
- May begin heading the ball

Step 7. Game Ready/Full Participation

**\*\*If an athlete receives clearance from a physician that is not aware of the Bend FC Timbers Return to Sport protocol, the athletic trainer or coach may still withhold the athlete from returning to play until it has been completed.\*\***

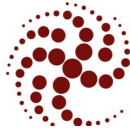
# ImPACT Baseline Concussion Testing

The Center utilizes the ImPACT Concussion Program which promotes the highest level of care and a safe return to play for athletes. ImPACT is a sophisticated, research-based software tool developed to help sports-medicine clinicians evaluate recovery following a concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time, and post-concussion symptoms. The timely and accurate diagnosis is critically important for reduced injury and long-term consequences to athletic, cognitive, academic, and professional success. Most athletes recover from concussions completely and can return to play following an appropriate period of recovery. It is crucial to know when it is safe to return to play to avoid serious brain injury.

The ImPACT test should be administered every two years after the age of 11, in order to collect baseline data on the athlete's normal neurocognitive state (memory, processing speed, and visual motor speed). In the event that an athlete sustains a concussion, he or she is retested with the ImPACT program, and the post-concussion data is compared against the baseline data. This will give the clinician the best available information for making a return to play decision.

The Center Foundation offers baseline ImPACT testing periodically through the year. Information on when these baseline tests will be conducted will be passed on to the club.

If you have any questions about the ImPACT program feel free to check out their website at [www.impacttest.com](http://www.impacttest.com)



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## Parent/Guardian Consent Form

Authorization for Use and Disclosure of Protected Health Information for Student Athletes

Name of Student Athlete \_\_\_\_\_

Grade \_\_\_\_\_ Birth Date \_\_\_\_\_ School \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Please list any medical conditions that we should be aware of in order to better treat your son or daughter (i.e. asthma, allergies, prior injuries, etc.)

\_\_\_\_\_  
\_\_\_\_\_

\*\*\*\*\*

In order to provide better service for the athlete, it is recommended that certain medical and health information about your child be collected and shared with persons and entities associated with the sports medicine program on an as need basis. This authorization is intended to permit The Center and its employees, agents, affiliates and ATs to provide sports medicine and other services to your child.

My signature below hereby authorizes The Center and its employees, agents and affiliates to disclose and receive health information to and from the school, team physicians, athletic trainers, hospitals, coaches and other school administrators and agents in connection with providing sports medicine services to your child.

In case of an athletic injury, please indicate whether your son/daughter may receive the following services without your prior notification: injury prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries.

\_\_\_\_\_ YES: My son/daughter may receive the above services without my prior notification.

\_\_\_\_\_ NO: Please contact me prior to providing the above services.

I understand that this authorization is voluntary and I may refuse to sign this authorization, however, my child may receive limited services if this authorization is not signed. Initial \_\_\_\_\_

I understand that this authorization will expire one year from date signed below. Initial \_\_\_\_\_

I certify under penalty of perjury, that I am the parent and or guardian of the above-named student athlete and I am authorized to sign this document and permit the disclosure and receipt of my child's medical and health information. Initial \_\_\_\_\_

# Information Acknowledgement Form

I have read and understand the above information on concussions. I will inform the supervising coach, athletic trainer or team physician immediately if I experience any of these symptoms or witness a teammate with these symptoms. I understand that in the event of disagreement on the decision to return or not to return the student athlete to play, the most conservative medical treatment will prevail. If I have any questions regarding the information provided, I will contact The Center's athletic trainer assigned to the Bend FC Timbers.

**Parent Initial** \_\_\_\_\_

**Athlete Initial**\_\_\_\_\_

If an athlete receives clearance from a physician that is not aware of the Bend FC Timbers Return to Sport Concussion protocol, the athletic trainer or coach may still withhold the athlete from returning to play until it has been completed.

**Parent Initial** \_\_\_\_\_

**Athlete Initial**\_\_\_\_\_

\_\_\_\_\_  
Name of athlete (print)

\_\_\_\_\_  
Signature of athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of parent/guardian (print)

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date