



#  
#  
#  
#

#### FOOTY DOC SAYS:

You and your buddy are sparring trying at the Dojang. You accidentally kick him pretty hard in the back of the neck. Your buddy shakes his head and continues to spar. A few seconds later, he is behaving very strangely, his timing is off and he seems suddenly slower.

#### WHAT HAS HAPPENED?

He probably has a concussion

#### WHAT SHOULD HAPPEN NEXT?

He should stop exercising right away and get checked out.

#### CONCUSSION.... REALLY?

Any symptoms after heading the ball or collision involving the head could be concussion symptoms. The most common symptoms of concussion include headache, feeling in a fog, ringing in the ears, nausea, balance problems difficulty concentrating.

You do not have to be knocked out to have a concussion

If you have concussion symptoms you should stop exercising. Suffering another concussion while still recovering from the first concussion can result in prolonged symptoms (months or years).

#### WHEN CAN THE PLAYER RETURN TO SPORT AFTER A CONCUSSION ?

The athlete must be symptom free and have a medical exam by a physician who has experience in the diagnosis and treatment of concussions.

Once the physician clears the athlete then :

GRADUAL RETURN TO PLAY is started. Each step is one day long, the entire process takes a minimum of 6 days. If symptoms return, exercise is stopped and the athlete returns to rest phase.

## GRADUAL RETURN TO PLAY :

DAY 1: Once all symptoms are gone then a brief period of exercise such as stationary bike for 10 to 20 minutes is allowed. No other exercise that day. The goal here is to see if symptoms such as headache dizziness or any other concussion symptoms re appear when the heart rate is increased to the athletes usual exercise heart rate ( 60 to 70% of maximum)

If symptom free the next day proceed to day 2 exercise

DAY 2: Taekwondo specific exercise: footwork drills , kicking a paddle only for a period of 20 to 30 minutes only. This stage is meant to challenge coordination and heart rate at the same time.

If symptom free go to next stage:

DAY 3 : Taekwondo drills with contact sparring, heavy bag work is permitted, more intense work out without receiving kicks. If no symptoms return proceed to day 4

DAY 4: Full PRACTICE including sparring practice

DAY 5 : AFTER MEDICAL CLEARANCE RETURN TO COMPETITION SITUATION

KEY POINT: if the athlete gets symptoms on any of the progressive days that athlete must stop exercise immediately. If the symptoms disappear and are still gone the next day then the athlete may return to the exercise stage that did not produce symptoms.

For example

Day 1 no problem

Day 2 no problem

Day 3 symptoms return> STOP and REST

Next day A. still has symptoms YES continue rest

B. NO symptoms resume day 2 work out and attempt to progress again.

This progress should be supervised by a qualified physician