

CONCUSSION PROTOCOL

IF UNSURE DO NOT MOVE, IF IN DOUBT SIT THEM OUT

To help identify concussion in children, adolescents and adults.



FOR FULL
INFO
SCAN THE
QR CODE

Find out more about our
Concussion Education Sessions
Tailored for schools, sports teams,
coaches, and parents to support safe
concussion management.
hello@wsmgroup.co.nz

Recognise

Concussion recognition being everyone's responsibility.

Remove safely - do not move if RED FLAGS, follow protocol, and important to get properly assessed and managed.

Refer for treatment

Need for overall IDT treatment plan.

Recover Pathway

Need for a gradual return to ADLs/learn/work/activity/sport.



RED FLAGS

- LOSS OF CONSCIOUSNESS
- EXTREME NECK PAIN OR TENDERNESS
- DOUBLE VISION
- WEAKNESS OR TINGLING/BURNING IN ARMS OR LEGS
- SEIZURE OR CONVULSION
- SEVERE OR INCREASING HEADACHE
- DETERIORATING CONSCIOUS STATE
- VOMITING
- INCREASINGLY RESTLESS, AGITATED OR COMBATIVE

For more information, or management of a concussion diagnosis, head to our concussion protocol:
www.wsmgroup.co.nz/news-and-resources/article-resources
hello@wsmgroup.co.nz 0800 842 749