

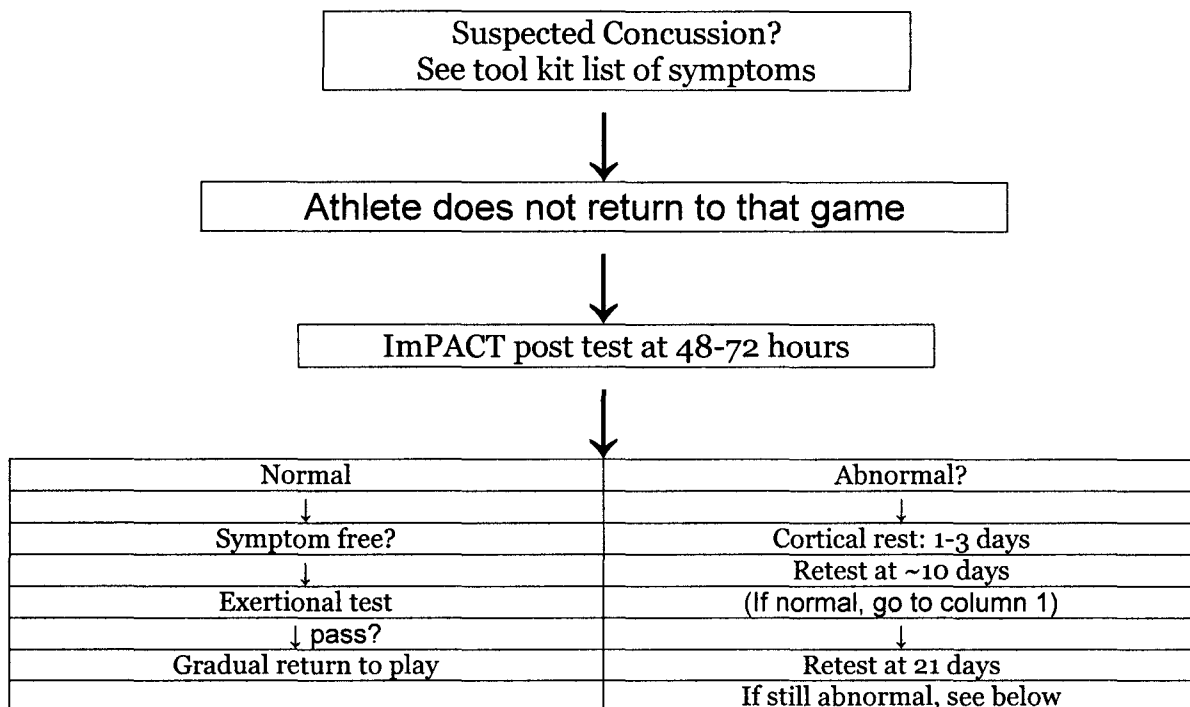


**M.O.S.T.**

Metro Orthopedics & Sports Therapy

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**MOST**  
**CONCUSSION PROTOCOL**  
*for athletes/patients*



**Cortical rest**

All patients with a concussion and documented abnormal ImPACT results would benefit from several days of cortical rest. Cortical rest is achieved by staying home from school and resting. TV, Ipods, video games, etc. are strictly off limits. Sleep, quiet rest, quiet reading, etc. allow the brain to rest and shorten the overall duration of symptoms significantly. The patient (students) may return to school after a few days when the symptoms are significantly improved.

**Abnormal test results**

Abnormal ImPACT test scores indicate that a concussion has occurred. Follow up testing should be performed every week or two until normal.

Symptoms last beyond 3 weeks: Athletes with symptoms that last beyond 3 weeks may benefit from other forms of treatment (medications, physical therapy, etc.). We recommend that the athlete be evaluated at Children's Hospital. Children's has a concussion management program call SCORE. Call 202-884-2429 and ask to make an appointment at the SCORE clinic. Be sure you bring copies of your ImPACT score results to your appointment.