
BARRINGTON HIGH SCHOOL SPORTS MEDICINE

“Home of the Broncos and Fillies”



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What to expect after a Head Injury

- Every head injury will be evaluated by the athletic trainer on duty
Initial signs and symptoms will be recorded
- If deemed appropriate by the athletic trainer, a post injury ImPact test will be administered
Results will be reviewed with the athlete
Parents will be notified of the results of the test
Pending results, an email will be sent to counselor, nurse, teachers, coach and parents notifying of suspected head injury and to request academic provisions during the injury.
- Head injury will be followed daily, tested when appropriate and consulted with Dr. Dan DiIorio, BHS team physician specializing in brain injury
- Upon successful completion of ImPact test and evaluation from Athletic Training staff, Return to Play Protocol will be initiated :

Concussion Return to Play Protocol

Step 1: 20 minute bike and/or treadmill workout
* heart rate to 70% of max (135-140bpm) for 20 mins.

Step 2: 20-30 minutes of high intensity bike, treadmill, lunges, plyometrics changing elevation and head positions.
* heart rate to 70% of max (135-140bpm) for at least 20 mins.

Step 3: Non-contact practice for contact sports

Step 4: Return to full practice

Step 5: Return to game

A Pre and Post Symptom self assessment will be complete at each step.
Athlete will continue to progress through protocol provided there are no increase in symptoms during self assessment.

- Please note: Any schoolwork completed (assignments, test, quizzes, etc.) during the Return to Learn/Return to Play process is done per the injured individual's discretion and will count towards the final grade.