

## Managing a Concussion using the XLNTbrain Sport Concussion Management Program

Your athlete's coach or athletic trainer uses the XLNTbrain Sideline Assessment Tool to document a sport related concussion incident. If you have already been designated as this athlete's healthcare professional, an email is sent to you when the Incident Report is filed, alerting you of the potential concussion incident. You can review this report from your [XLNTbrain.com](https://xlntbrain.com) dashboard in the athlete's folder.

If a concussion has not been reported through the XLNTbrain program, you must do this now in order to initiate the XLNTbrain Sport post concussion management. This can be done from your dashboard on the [XLNTbrain.com](https://xlntbrain.com) website.

The athlete has been instructed to begin daily reporting concussion related symptoms on the day after the potential concussion incident. You can review and track the results of the daily symptom checklist including a comparison to the athlete's pre-season symptom checklist results in the athlete's folder on your dashboard.

Your athlete will be contacting you after the incident for an appointment for an evaluation, diagnosis and further testing and management as indicated.

Part of the initial concussion assessment in your office is an evaluation of the athlete's cognitive performance. You can authorize post-concussion tests from your dashboard. This testing is typically performed in your office. The athlete should have taken this test as part of his pre-season baseline assessment. You will be able to compare the athlete's post-concussion performance and track cognitive recovery from your dashboard. Even if the athlete did not take the baseline test, cognitive assessment is still possible using normative database comparisons. Post-concussion testing is first performed as soon as possible after the concussion injury, then again once the athlete is free of symptoms at rest. The XLNTbrain Concussion Tracker provides an easy interactive graphic for you to access the athlete's post-concussion symptom and cognitive performance data, with an at-a-glance view of where that athlete is in the recovery process.

You may provide the athlete with a Post Concussion Care Plan, which provides guidelines for school accommodations during the concussion recovery period. This Care Plan can be printed and handed to the athlete, and is also available on the athlete's [XLNTbrain.com](https://xlntbrain.com) page on your dashboard. You can modify this care plan as needed at anytime from your dashboard.

Your athlete has been instructed to go to relative rest after sustaining a concussion injury, avoiding any activities that provoke concussion related symptoms. The athlete will track concussion related symptoms using the XLNTbrain Daily Symptom Checklist, which you can monitor on your dashboard. Once the athlete's concussion related symptoms have resolved, and the post-concussion cognitive performance testing has returned to baseline, you may clear the athlete for a Five Step Progressive Exertion program. The athlete gradually increases the level of exertion as long as he remains symptom free. This is typically supervised by the coach, athletic trainer or parent. If the athlete experiences recurrence of concussion related symptoms, he is instructed to drop back to the previous level of exertion that did not provoke symptoms for 24 hours, and then may attempt to increase exertion the next day. You can track the athlete's progress in the Five Step Progressive Exertion Program on the XLNTbrain Concussion Tracker.

Once the athlete is able to tolerate maximum exertion without provocation of concussion related symptoms, you may authorize the final post-concussion cognitive performance testing. If the cognitive performance testing is normal after full exertion, and the athlete is free of concussion related symptoms, you may clear the athlete for normal activity and return to gameplay through the [XLNTbrain.com](https://www.xlntbrain.com) website.

The above concussion management workflow was developed based on current evidence based recommendations to handle the majority of sport related concussions. Recovery from concussion injury can vary greatly from one individual to another, and the XLNTbrain workflow is meant to provide a framework for management. Your own clinical judgement is the final word, however, and you may choose to vary the workflow by allowing more time between steps or skipping steps based on the individual athlete's unique presentation, or factors that are not accounted for in the XLNTbrain Sport Concussion Management Program. The program is designed to be flexible enough to allow for these variations, while still maintaining the benefits of the integration of the XLNTbrain program between athletes, parents, coaches, athletic trainers, and school administrators, counselors, and nurses.