

THE PHYSICAL THERAPIST'S ROLE IN MANAGEMENT OF INDIVIDUALS WITH CONCUSSION HOD P06-19-40-14

[Amended: HOD P06-12-12-10; Initial: HOD P06-11-15-18] [Position]

Concussions have a significant impact on the health of individuals and on society. The American Physical Therapy Association (APTA) supports physical therapists as part of the interdisciplinary team of licensed health services providers who deliver concussion management and rehabilitation. This includes using the best available evidence and standards of practice to:

- Examine and evaluate those suspected of having sustained a concussion to establish a diagnosis;
- Refer to other providers as indicated;
- Identify specific impairments in order to implement and safely progress therapeutic interventions in accordance with a physical therapist plan of care;
- Educate about optimizing recovery to prevent additional injury;
- Monitor recovery; and
- Make return-to-participation decisions.

An individual suspected of having sustained a concussion should be immediately assessed by a licensed health service provider who is trained in the evaluation and management of concussion. If signs or symptoms of a concussion are identified, the individual is immediately removed from participation in the precipitating activity and does not return to activity that poses risk of additional head and/or brain injury until a full evaluation has been performed.

Guidance regarding an individual's return to physical activity is provided by a physical therapist or licensed health services provider who is trained in the management of concussion, with input from members of the interdisciplinary team of licensed health services providers as appropriate. Children and adolescents should receive written clearance for return to participation from a licensed health services provider who is trained in the evaluation and management of concussion.

APTA supports jurisdictional laws and regulations that include physical therapists as members of the interdisciplinary team delivering concussion management. All team members have a responsibility to engage in education and prevention efforts to minimize risk and increase awareness of concussions.

Explanation of Reference Numbers:

HOD P00-00-00-00 stands for House of Delegates/**month/year/page/vote** in the House of Delegates minutes; the "P" indicates that it is a position (see below). For example, HOD P06-17-05-04 means that this position can be found in the June 2017 House of Delegates minutes on Page 5 and that it was Vote 4.

P: Position | S: Standard | G: Guideline | Y: Policy | R: Procedure