

August 28, 2009

Dear Medical Provider:

Rebound Neurosurgery and Rehabilitation Medicine at Southwest Washington Medical Center are combining resources to convey some important new information about sports concussions. There were two advances in sports concussion management this year. In Washington State, the Zackery Lystedt Law was passed. Internationally, the 3rd International Conference on Concussion in Sports was held in Zurich and published an updated "Consensus Statement on Concussion in Sport." Both actions are exciting to share and discuss with local providers.

The **Zackery Lystedt Law** is an educational law to promote the awareness of concussion symptoms to parents, coaches, and athletes. This law will help prevent athletes from sustaining Secondary Impact Syndrome caused from returning to play too soon after a concussion. In accordance with this law, "a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition...[and] may not return to play until the athlete is evaluated by a licensed healthcare provider trained in the evaluation and management of concussions." This law takes the return-to-play decision responsibility away from the coach and assigns it to the medical community, where it should be.

"**The Consensus Statement on Concussion in Sport**," was released in May 2009. Many of the recommendations for concussion management are similar to the previous research in concussions, but three main points of emphasis stand out after a concussion:

1. Same day return-to-play for young athletes is not recommended.
2. Physical and neuro-cognitive rest is recommended until symptoms are resolved.
3. A graduated program of exertion prior to medical clearance and return to play should be used once all symptoms have been resolved.

This information is important to share with our community because ED providers, pediatricians and family practice providers see many of the youth athletes who sustain sports related concussions. Having the most up-to-date information on concussion management will help provide a safer progression as athletes return to play.

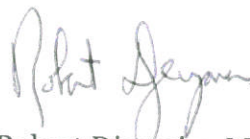
The providers at Rebound Neurosurgery will be happy to evaluate athletes with any significant concussion and/or provide advice via telephone. Please call our office at any time at **360.256.8584**. In addition, the physiatrists at Rehabilitation Medicine can help manage athletes with any neurocognitive deficits or prolonged post-concussive syndrome.

Please find enclosed a copy of the **Zackery Lystedt Law** and the **Consensus Statement on Concussion in Sport**.

Sincerely,



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Rebound Neurosurgery



Robert Djergaian MD  
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