



CONCUSSIONS | And the Road to Recovery

Concussions and other acquired brain injuries (ABIs) such as brain tumors or a lack of oxygen can cause both temporary and long-term impairments regarding a student's ability to function in school and in daily life.

There are many resources to assist you on the road to recovery though. **BrainSTEPS** and **ConcussionWise** are teaming up to help students recover from brain injuries by focusing on a return to learning and a return to play.

RETURN TO LEARN



BrainSTEPS



RETURN TO PLAY



CONCUSSIONWISE

BrainSTEPS (Strategies Teaching Educators, Parents, & Students) works with schools and families to educationally support students with ABIs. BrainSTEPS also offers schools the ability to train Concussion Management Teams for free.

ConcussionWise is a series of concussion education courses from the PA Athletic Trainers' Society focused on prevention, preparation, response, and recovery following a concussion in order to facilitate a return to play.

If a student has experienced an ABI, you can go to **www.brainsteps.net** and make a student referral. For concussions, student referrals should be made 4-6 weeks post-concussion if not recovered (since 70% recover in that timeframe). BrainSTEPS will follow the student and provide recommendations for academic supports.

If you have a group of students, parents, coaches, athletic trainers, nurses, or physicians who would be interested in concussion management education, visit **www.sportsafetyinternational.org/concussionwise-pennsylvania** to learn more and sign. Training to become an instructor is also available.

For more info on making a referral or training a Concussion Management Team, contact the Program Coordinator Brenda Eagan-Brown at **eaganbrown@biapa.org**.

To request an information session, contact the president of the Pennsylvania Athletic Trainers' Society John Moyer at **president@gopats.org**.

