Appendix 1

**INITIAL CONSULTATION**

* Diagnosis completed
* Education provided
* Written guidance back to team physios/parents including cognitive and physical loading using symptoms as a guide

Return to team physio / parents with written **graduated return to play**

**Clearance to return to play**

Discharge letter to referring practitioner and/or GP

**DISCHARGE CONSULTATION**

Return to contact training / sports training as designated by sporting organisation return to play protocol

**CLINICAL RECOVERY**

**REVIEW CONSULTATION**

Medical review approximately 14 days post-injury

**REVIEW CONSULTATION**

(2-weekly until asymptomatic)

* Progress exercise HR 5-10bpm/week
* Vestibular therapist ongoing review if applicable
* Cervical spine management ongoing if applicable with physiotherapist

**CLINICAL RECOVERY**

Definition

* Symptom free
* Exercising at 85-90% of HR predicted symptom free
* Correction of any previous abnormal physical findings

**Commence Active Rehabilitation**

* Threshold testing using Balke Protocol
* Commence sub-symptom threshold exercise program
* Assess upper cervical spine with referral for manual therapy if abnormal
* Assess vestibulo-oculomotor system using VOMS with referral to Vestibular Therapist if abnormal
* Manage cognitive load re school/work

**SYMPTOMATIC**