

Brain activity such as reading, television, computer, video games and texting shall be discouraged while the brain heals.
Physical exertion should be limited until symptoms resolve.



RETURN TO WORK A progressive program of exertion, combined with: minimum 25th percentile score average on the post-injury web-based neurocognitive test, score of no more than 1 on symptoms checklist for all symptoms and acceptable balance assessment.

Progressive Return to Activity/Work

Begin with Stage 1, and continue to progress through Stage 4 as long as ***symptoms do not occur.***

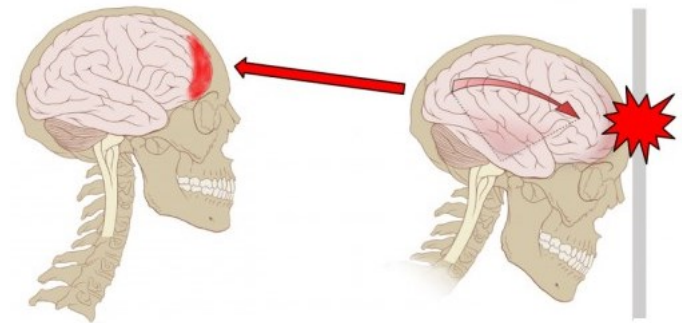
- Stage 1: Light aerobic exercise:
walk, swim, stationary cycle,
No resistance exercise,
Heart rate to less than 70% of max;
- Stage 2: Light training-related exercise,
No head impact, no contact.
- Stage 3: Progress to more intense training,
More complex training, non-contact.
- Stage 4: Full contact work following medical clearance,
Normal training activities.
Cautioned to avoid repeat head trauma.

If symptoms develop, take a 24 hour rest period.
Then return to the previous stage. Follow the Healthcare Provider's specific recommendations for Law Enforcement.

International Conference on Concussion in Sport, Zurich, 2012

***Fairfax County Police Department
Fairfax County Criminal Justice Academy***

Facts about Concussion and mTBI



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Common Signs and Symptoms of Concussion (CDC):

What is a Concussion?

A concussion is a type of traumatic brain injury, or TBI, caused by a blow or impact to the head or to the body resulting in a cascade of chemical and biological events which disrupts brain activity. Loss of consciousness is not necessary for a mild traumatic brain injury.

MTBI (Mild Traumatic Brain Injury): the most common form of concussion. Largely diagnosed by functional changes, not structural changes in the brain.

⚙️ THINKING/ REMEMBERING	🦴 PHYSICAL	⚡ EMOTIONAL/ MOOD	👁️ SLEEP DISTURBANCE
<ul style="list-style-type: none"> • Difficulty thinking clearly • Feeling slowed down • Difficulty concentrating • Difficulty remembering new information 	<ul style="list-style-type: none"> • Headache • Nausea or vomiting (early on) • Balance problems • Dizziness • Fuzzy or blurry vision • Feeling tired, having no energy • Sensitivity to noise or light 	<ul style="list-style-type: none"> • Irritability • Sadness • More emotional • Nervousness or anxiety 	<ul style="list-style-type: none"> • Sleeping more than usual • Sleeping less than usual • Trouble falling asleep

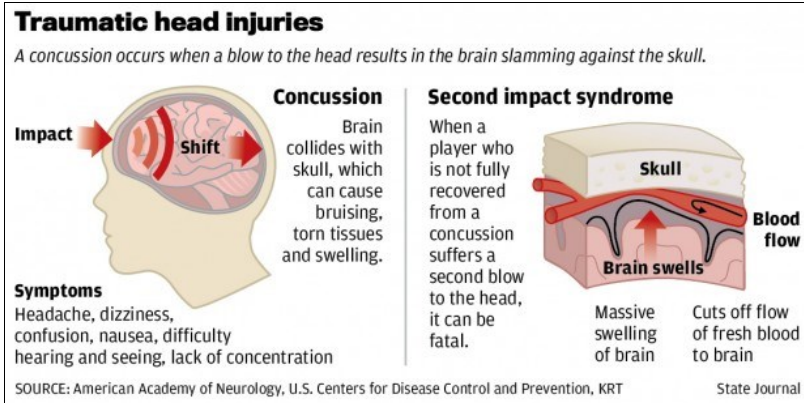
Contact a healthcare professional or go to the local ER if any of the following danger signs appear:

- Headache that gets worse and does not go away.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.

The initial assessment of a head injury should be made by a trained professional. Diagnosis of concussion/mTBI and return to duty shall be made by licensed physicians only.

Injuries to the face and neck may have concussion as a secondary injury. Examples: whiplash, fracture to the face, jaw, nose or eye orbit.

Return to activity and then to work shall be gradual. **ALL** symptoms must have resolved for full duty, including driving.



Types of Concussion:

- Simple: Recovery from 7 to 10 days (most common).
- Complex: Recovery more than 10 days.

Concussion recovery is dependent upon resolution of symptoms, not an given timeline.

Studies show that one who has not fully recovered from a MTBI typically will take much longer to recover from a second traumatic brain injury.