****

**Graduated Return to Boxing Programme**

*30 days*

*suspension period*

*If* ***symptoms occur*** *– Regress for 24 hours*

*If* ***symptom free*** *for 24 hours - Progress*

*Doctor review*

Booklet produced using information from the National Institute for Health & Clinical Excellence (NICE) Head Injury Guidelines 2017, the Berlin Consensus Statement on Concussion in Sport 2016 & the AIBA medical handbook.

*England Boxing Medical Subcommittee*

*Version 1.3, Updated 01/2019*

**Head Injury, Concussion &**

**Returning to Boxing Advice**

**(for Boxers aged 19 & over)**

**Name: DoB:**

This boxer sustained a head injury at on .

*(Date)*

*(Time)*

You were assessed by a doctor following your bout and no signs of serious complications were found. It was felt you are safe to be accompanied home and do not need to attend hospital at this stage.

When you get home it is unlikely that you will have further significant problems, although you should remain in the supervision of a responsible adult for the rest of today and overnight.

If you are affected by any of the following, you should go to the nearest hospital emergency department as soon as possible:

* unconsciousness or lack of full consciousness,
* very painful headache that won’t go away,
* vomiting – getting sick,
* confusion (not knowing where you are, getting things muddled up),
* fits (collapsing or passing out suddenly),
* weakness in one or both arms or legs,
* problems understanding or speaking,
* loss of balance or problems walking,
* problems with your eyesight,
* clear fluid coming out of your ear or nose,
* bleeding from or new deafness in one or both ears,
* drowsiness (feeling sleepy) that goes on for longer than 1 hour when you would normally be wide awake.

**Concussion**

Concussion is a disturbance in brain function (i.e. brain injury) caused by a direct or indirect force to the head. It affects how the brain works, but does not show up on any scans or X-rays. It can result in a variety of signs and/or symptoms & most often **does not** involve loss of consciousness.

Most (80–90%) concussions resolve in a short (7– 10 day) period.

Symptoms normally start shortly after injury and gradually improve by themselves, but can be delayed.

One or more of the following common symptoms may develop over the next few days and likely do not require a hospital visit:

*- Headache, - Irritability,*

*- Dizziness, - Anxiety,*

*- Nausea, - Feeling depressed or tearful,*

*- Unsteadiness, - Difficulty concentrating,*

*- Restlessness, - Poor attention,*

*- Slowed reactions, - Sleep disturbance,*

*- Memory problems, - Low energy,*

*- “Feeling in a fog”, - Sensitivity to light or noise*

**Dos and Don’ts**

* **DO** have plenty of rest and avoid stressful situations,
* **DO** take painkillers such as paracetamol for headaches,
* **DO** inform a friend or family member about your injury so

 they can keep an eye on you.

* **DON’T** stay at home alone for the first 24 hours after injury,
* **DON’T** drink alcohol,
* **DON’T** drive until you have recovered,
* **DON’T** take aspirin, ibuprofen or sleeping tablets.

**Treatment of Concussion**

In order to allow the brain time to fully recover and reduce the chance of any longer term problems you should have a period of rest, with no training or playing sport, and then adjust your activity for a period of time.

**Recovery Period**

The first step is to **avoid all physical activity and any activities which require concentration or attention for 24-48 hours.** This includes minimising time using mobile phones or the internet for emails & social media, watching TV or movies, reading and all forms of training & exercise. Consider time off or adaptation of work or study.

After this time you should gradually increase your daily activity level, as long as symptoms do not worsen. Once you have successfully returned to your usual daily activities, including full work/learning activities, without any symptoms, then continue this period of relative rest for the **remaining duration of your medical suspension period** (minimum 30 days).

***\*If you still have symptoms 2 weeks post injury, you should see your GP\****

**Return to Boxing**

Once your suspension is complete (and you have been **symptom free** for at least 2 weeks), you may move onto ‘Step 2’ of the gradual return to boxing programme (as detailed overleaf) and begin doing light aerobic exercise.

If any symptoms recur upon starting exercising, you should stop and return to ‘Step 1’ until you are again symptom free for 24 hours.

If you are able to train at ‘Step 2’ without developing any symptoms for 24 hours, then you may move onto ‘Step 3’.

You should repeat this pattern of spending **at least 24 hours symptom free at each step** before moving on to the next, higher level step.

If you develop symptoms **at any stage**, you should rest for 24 hours before then going back to the previous step in the chain.

Prior to reaching ‘Step 5’ and returning to sparring, the Boxer must receive a full New Annual Medical from the Unit MO.