

Compilation of Concussion Guidelines

Guideline	Grade	1st concussion	2nd concussion	3rd concussion
Concussion symptoms < 15 minutes. No PTA				
Cantu	1	RTP when asymptomatic.	RTP in 2 weeks when asymptomatic for 1 week.	Terminate season. May return next season.
Colorado	1	RTP when asymptomatic for 20 minutes.	RTP when asymptomatic for 1 week.	Terminate. May return in 3 months.
AAN	1	RTP when asymptomatic for 15 minutes.	RTP when asymptomatic for 1 week. If second concussion in same day, terminate activity that day.	--
PTA < 30 minutes. No LOC				
Cantu	1	RTP when asymptomatic for 1 week.	RTP in 2 weeks when asymptomatic for 1 week. Consider terminating season.	Terminate season. May return next season.
Colorado	2	RTP when asymptomatic for 1 week.	RTP after asymptomatic for 1 month.	Terminate season. May return next season.
Concussion symptoms > 15 minutes				
AAN	2	RTP when asymptomatic for 1 week.	RTP after 2 weeks if asymptomatic.	--
PTA > 30 minutes, < 24 hours. LOC < 5 minutes				
Cantu	2	Return to play when asymptomatic for 1 week.	Return to play after 1 month if asymptomatic for 1 week. Consider terminating season.	Terminate season. May return next season.
Colorado (Any LOC)	3	Transport to hospital. Return to play 1 month after injury if asymptomatic for 2 weeks.	Terminate season. Discourage return.	--
AAN (LOC for seconds)	3	Transport to hospital. Return to play when asymptomatic for 1 week.	Return to play after 1 month.	--
PTA > 24 hours. LOC > 5 minutes				
Cantu	3	RTP 1 month after injury if asymptomatic for 1 week.	Terminate season.	--
Colorado (Any LOC)	3	Transport to hospital. RTP 1 month after injury if asymptomatic for 2 weeks.	Terminate season. Discourage return.	--
AAN (LOC lasting more than a few seconds)	3	RTP after asymptomatic for 2 weeks.	RTP when asymptomatic for 1 month.	--
AAN=American Academy of Neurology; PTA=post-traumatic amnesia; LOC=loss of consciousness; RTP=return to play.				