

Recommended Treatment Timeline Following a Concussion*



IMMEDIATELY

ER/Urgent Care

- Rule out the need for CT, or neck injury
- Screen for co-morbid conditions
- Conduct a physical and cognitive exam
- Receive concussion education
- Have a follow-up plan with another provider

48-72 HOURS

Concussion Clinic

Follow-up with a physician and start step-by-step return to work/school/play protocols

Primary Care Physician

3-4 WEEKS

Symptom-Free

- Return to school/work/play
- Medical clearance for return to sport is required by state law

Persistent Symptoms

Seek care from a multidisciplinary clinic



*Based off the [2016 Consensus Statement of Concussion in Sport](#) and [2018 Ontario Neurotrauma Foundation Guidelines](#)