

FIFPro

World Players' Union



Health and safety of players

Concussion in professional football: from education to management



FIFPro's effort on concussion

1. Systematic implementation of the concussion consensus statement (examination, management, return to play)

Concussion rules under spotlight in wake of Hugo Lions row

Concussion protocols at 2014 World Cup failed Fifa standards, study finds

- Premier League to examine regulations about head injuries
 - Club criticised for not substituting goalkeeper after collision
2. Sufficient time for the valid sideline examination of any player with suspected concussion
- Almost two-thirds of head concussion incidents at the tournament were not followed by players being assessed on the sidelines by medical professionals



3. Availability of the video footage for the medical team in order to review the traumatic event.

4. Contribution/assistance of an independent medical doctor.

5. Awareness and education among all actors about the significance of concussion.



Needs assessment in professional football

Improvement needed in the current concussion approach?

No	Neutral	Yes	Don't know
5%	30%	45%	20%

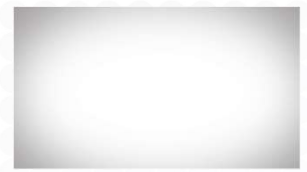
RTP decision about a player with (suspected) concussion?

Medical team	Player	Player with medical team
60%	2%	38%

More i.e. better information needed about concussion?

Yes for players	Yes for coaches/managers
65%	50%

Educational toolkit about concussion (1)



AT WHAT VENUE ARE WE TODAY?

CONFUSION

TRIGGER CREATIVE

ANY PLAYER WITH SYMPTOMS OF CONCUSSION MUST BE REMOVED AND CANNOT RETURN TO PLAY.

RECOGNISE. REPORT. REMOVE.

OF CONSCIOUSNESS.

Educational toolkit about concussion (2)



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World Players' Union

Reconnaître, Signaler, Retirer

Boîte à outils sur la commotion cérébrale pour les footballeurs professionnels

Kit de herramientas informativas sobre la conmoción cerebral

Los expertos en la materia han recomendado de manera unánime centrarse en los siguientes puntos:

- **RECONOCER** una posible conmoción cerebral en un jugador;
- **INFORMAR** al personal técnico y médico en cuanto se sospeche de una posible conmoción;
- **RETIRAR** del campo a todo jugador que haya sufrido una posible conmoción cerebral.

¿Cómo utilizar el kit de herramientas informativas sobre la conmoción cerebral?

Puede hallar el kit de herramientas en la memoria USB que se adjunta. Para mostrar el vídeo, recomendamos el uso de una pantalla de dimensiones adecuadas (TV, proyector, laptop o tableta) y un sistema de sonido de calidad (quizá con altavoces adicionales).

Antes de emitir el vídeo, podría explicarse que los últimos incidentes ocurridos en las Copas Mundiales de 2014 y de 2018 ilustran la necesidad de una mayor concienciación sobre la gestión de los casos de conmoción cerebral, y que FIFPro ha creado el vídeo para hacer más conscientes a los jugadores sobre los riesgos de recibir un tratamiento inadecuado.

Tras emitir el vídeo, podría preguntarse a los jugadores si tienen comentarios o dudas al respecto. También podrían formularse a los jugadores algunas de las preguntas que se incluyen a continuación, lo cual les facilitaría información adicional.

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En consecuencia, FIFPro ha desarrollado un kit de herramientas informativas sobre la conmoción cerebral, consistente en: (1) un vídeo introductorio en el que participan futbolistas profesionales de alto nivel; y (2) un vídeo de animación, centrado en la información más relevante acerca de la conmoción cerebral y en que incluye imágenes de conmociones acasadas en el fútbol profesional.

El jugador uruguayo Álvaro Pereira comparte su consejo y experiencias acerca de la conmoción cerebral en un vídeo.

Concussion Q & A

Can you only get a concussion from a direct hit to the head?	NO	This is often misunderstood. Concussions also occur as a consequence of an indirect hit to the head; for instance a shoulder-to-shoulder contact. The impact of the hit is then transmitted to the head through another part of the body.
Can you only get a concussion when you are knocked out?	NO	This is another misunderstanding: a player does not have to be knocked out to be concussed. At least 95% of concussions occur without a temporary loss of consciousness.
Should you take a teammate who is knocked unconscious to the doctor or a hospital?	YES	When your teammate has a concussion and loses consciousness, he or she must stop playing and must go the doctor or hospital room, even if he/she says that he/she is feeling okay.
How many days does it normally take before symptoms of a concussion are completely gone?		To fully recover, a proper rest period needs to be followed to provide the brain with sufficient time to heal. In 80% of the cases, symptoms of a concussion are gone after 10 days.
Can symptoms of a concussion last for several weeks?	YES	Concussion is an injury of the brain, which is a very complex part of your body. Sometimes symptoms of concussion, such as a headache, fatigue, anxiety or irritability, persist for several weeks or even months.
Do you need to be extremely cautious when determining whether a teammate should return to play?	YES	Directly after a concussion, your teammate might seem alright and might not show any symptoms of concussion. However, he/she must be removed from the field. After this concussion, your teammate must take enough time to fully recover and therefore, he or she should only return to full-contact training after at least 6 days of recovery.
Do you continue playing football while having a headache caused by a concussion?	NO	Experiencing a headache after a concussion is an indication that your brain has not fully recovered. Therefore, you shouldn't play football and should inform the medical staff about the headache.

Management of concussion

BJSM Online First, published on April 26, 2017 as 10.1136/bjsports-2017-097699

STATEMENT

Concussion in sport

Summary and agreement statement of the first International Conference on Concussion in Sport, Vienna 2001*

M Aubry, R Cantu, J Dvorak, T Graf-Baumann, K Johnston (Chair), J Kelly, M Lovell, P McCrory, W Meeuwisse, P Schamasch (the Concussion in Sport (CIS) Group)

(1) Concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body with an “impulsive” force transmitted to the head.

(2) Concussion typically results in the rapid onset of short lived impairment of neurological function that resolves spontaneously.

(3) Concussion may result in neuropathological changes but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.

(4) Concussion results in a graded set of clinical syndromes that may or may not

David Maddocks,⁴² Michael Makdissi,^{43,44} Laura Purcell,^{45,46} Margot Putukian,^{47,48} Kathryn Schneider,⁴⁹ Charles H Tator,^{50,51,52,53} Michael Turner⁵⁴

Gradual Return To Play protocol following concussion

CONCUSSION

CONCUSSION	STAGE 1: No sporting activity Symptom-limited physical and cognitive rest	STAGE 2: Light aerobic exercise Walking, swimming, stationary cycling. No resistance training. Heart rate <70%	STAGE 3: Sport-specific exercise Skating drills (ice hockey), running drills (soccer). No head-impact activities	STAGE 4: Non-contact drills Progress to complex training drills (e.g., passing drills). May start resistance training	STAGE 5: Full-contact practice Following medical clearance participate in normal training activities	STAGE 6: BACK IN THE GAME Normal game play
	Recovery	Increase heart rate	Add movement	Exercise, coordination, cognitive load	Restore confidence; assess functional skills	
	Symptom-free for 24 hours? Yes: Begin Stage 2 No: Continue resting Time & date completed:	Symptom-free for 24 hours? Yes: Move to Stage 3 No: Return to Stage 1 Time & date completed:	Symptom-free for 24 hours? Yes: Move to Stage 4 No: Return to Stage 2 Time & date completed:	Symptom-free for 24 hours? Yes: Move to Stage 5 No: Return to Stage 3 Time & date completed:	Symptom-free for 24 hours? Yes: Return to play No: Return to Stage 4 Time & date completed:	

Concussion protocols at 2014 World Cup failed Fifa standards, study finds

Almost two-thirds of head collision incidents at the tournament were not followed by players being assessed on the sidelines by medical professionals



FIFPro: Concussions a 'Ticking time Bomb' for FIFA

ESPN FC, Friday, July 11, 2014 12:17 PM



Player union blasts concussion management at World Cup

FIFPro study suggests link between concussion and mental health problems

By Declan McSweeney | Wednesday, 11 October 2017



FifPro slams decision to allow Morocco's Amrabat to play after concussion

Home > Sport > World Cup

Fifa rejects calls to overhaul concussion rules after Nordin Amrabat

Players' union calls on FIFA to step up concussion care after Amrabat



Concussion row breaks out at World Cup as Morocco field Nordin Amrabat five days after head injury



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Football needs to get house in order over concussion, and it is not alone

Sean Ingle



management

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