

Pre Game Warm-Up & Concussion Management



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Purpose of Pre Game Warm-Up

- ▣ Increase Heart Rate
- ▣ Increase body temperature
- ▣ Prepare muscles and joints for specific movements
- ▣ Minimize injury risk
- ▣ Stimulate the Nervous System

Structure of Warm-Up

- ▣ 10-15 min for complete warm-up
 - 3-5 min whole body movement (↑body temp)
 - High knees
 - Cross country skiers
 - Side shuffle / foot work drills (ladder exercises)
 - Butt Kickers
 - Jumping Jacks
 - Stadium Stairs
 - Burpies
 - 7-10 min specific movement patterns
 - Dynamic movements – no static stretching

Why Dynamic Flexibility?

- ▣ Static stretching has been shown to decrease muscle strength for up to an hour following stretches.
- ▣ Dynamic Flexibility – Athletes perform active movements while taking the joints through the full range of motion.
 - ▣ Provides CNS stimulation
 - ▣ Muscle extensibility
- ▣ Muscles forced to contract throughout their full ROM – sport specific

Dynamic Flexibility Exercises

- ▣ Backward Lunge with Twist
- ▣ Forward Lunge (Forearm to instep)
- ▣ Lateral Deep Lunge
- ▣ Inch Worm Walk
- ▣ Single Leg Standing Hamstring
- ▣ Scorpion
- ▣ Lying Hip Cross-over
- ▣ Leg Cradle
- ▣ Drop Lunges

Concussion Management

- ▣ No specific Grading scale is used any longer.
 - ▣ No predetermined rest time until safe return.
 - ▣ Pay attention to the symptoms.
- ▣ Too many variations among the available grading systems.
 - ▣ (Colorado, AAN, Cantu Guidelines)
- ▣ OHL, WHL and College Hockey and some NHL teams currently use ImPact testing to help determine a safe return to the ice.

Concussion Symptoms

- ▣ Headache
- ▣ Loss of Consciousness (LOC)
- ▣ Irritability
- ▣ Confusion
- ▣ Inability to concentrate
- ▣ Lack of Coordination
- ▣ Difficulty falling asleep
- ▣ Sensitivity to light
- ▣ Sensitivity to noise
- ▣ Dizziness
- ▣ Nausea



Return to Play Criteria

- ❑ LOC does not determine severity of head injury. Each player is unique.
- ❑ Previous concussions will also delay the athletes return.
- ❑ Athlete must be symptom free before the Return to Play (RTP) process can begin.
- ❑ If at any time during the RTP process the symptoms return you must restart the process.

RTP Process

1. Complete rest until symptom free.
2. Light activity
 - Easy bike ride, HR<120
3. Higher Intensity Activity
 - Difficult Bike Ride, Weight lifting
4. Sport Specific Exercise
 - Skating drills only
 - no contact
5. Hockey Specific Drills
 - on ice with teammates – requiring coordination and quick reaction time
 - non contact practice
6. Full practice
 - with contact drills

Questions?

