



SOUTH METRO JUNIOR FOOTBALL LEAGUE

# INJURY PREVENTION & CONCUSSION MANAGEMENT

MARCH 2023



[www.smjfl.com.au](http://www.smjfl.com.au)

# INTRODUCTION

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## GAB SURIANO

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# INJURY PREVENTION & CONCUSSION MANAGEMENT

2023 WORKING PARTY



Ian Jickell  
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Dr. David Munro  
(East Malvern JFC)



Genine Arvanitakis  
(Bentleigh JFC)



Derek Waters  
(Caulfield Bears JFC)



Karen Bennett  
(East Brighton Vampires JFC)



Jacob Miller  
(SMJFL Staff)



Bree Vallance  
(SMJFL Staff)



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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**OBJECTIVE:** To reduce the risk and incidents of concussion across the South Metro Junior Football League

The working party proudly release our "**Commitment to Concussion management – Club Code of Conduct**" in 2023 to be adopted and signed by all club presidents prior to Round 1, April 23, 2023.

**7 DECEMBER 2022**

**22 FEBRUARY 2023**



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## DR DAVID MUNRO PHD

SPECIALIST CONCUSSION TRAINED PHYSIOTHERAPIST

What is Concussion?

- Definition
- Diagnosis
- SMJFL protocol



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What is Concussion?

- Definition
- Diagnosis
- SMJFL protocol

SMJFL/AFL Return to Play Protocol post-concussion

- What is the protocol?
- How does it work?



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- Definition
- Diagnosis
- SMJFL protocol

SMJFL/AFL Return to Play Protocol post-concussion

- What is the protocol?
- How does it work?

Returning to play post-concussion

- When is it safe?
- Letter from GP/appropriate Health Care Practitioner





# INJURY PREVENTION & CONCUSSION MANAGEMENT

## Defining Concussion

### Sports Related Concussion (SRC)

- Impact to head, neck or elsewhere
- Initiates neurotransmitter and metabolic cascade within the brain, resulting in possible:
  - Axonal injury
  - Blood flow change
  - Inflammatory response

No change on standard structural neuroimaging (eg. MRI, CT scan, X-ray)

*A functional* brain injury with a wide spectrum of signs and symptoms





# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## Defining Concussion

Importantly, a player *does not* have to lose consciousness to have sustained a concussion



# INJURY PREVENTION & CONCUSSION MANAGEMENT

## Concussion Diagnosis

### Symptoms to be aware of



MEMORY LOSS



DIFFICULTY LEARNING



BALANCE + STABILITY ISSUES



SLEEPLESS NIGHTS



FEELING FATIGUED



DOUBLE VISION OR LIGHT SENSITIVITY



CONFUSION



DIZZINESS + HEADACHES



REDUCED MOOD + ANXIETY



MENTAL FATIGUE



HeadCheck



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## Concussion Diagnosis

- The role of the trainer is to identify any ***suspected*** concussion, not to clinically diagnose concussion



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- Any player ***suspected*** of sustaining a concussion must be removed from the play and not be allowed to return i.e. *“If in doubt, sit them out”*



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## Concussion Diagnosis

- The role of the trainer is to identify any ***suspected*** concussion, not to clinically diagnose concussion
- Any player ***suspected*** of sustaining a concussion must be removed from the play and not be allowed to return i.e. *“If in doubt, sit them out”*
- That player must then be assessed by a suitably qualified healthcare professional to make a clinical diagnosis



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## Concussion Diagnosis

- Once assessed, if that player is cleared of concussion they must provide a written medical clearance certificate to the club
- They are then free to train and play



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## Concussion Diagnosis

- Once assessed, if that player is cleared of concussion they must provide a written medical clearance certificate to the club
- They are then free to train and play
- If that player is clinically diagnosed as having sustained a concussion, however, they enter the SMJFL/AFL *Return To Play Protocol*





# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## RETURN TO PLAY PROTOCOL



| Focus                                      | Goal   | Requirements to move to next stage  |
|--|--|---|
| <b>Rest</b>                                |  |   |
| Rest.                                      | Help speed up recovery.  | Complete physical and cognitive rest in the first 24-48 hours.  |
| <b>Recovery</b>                            |  |   |
| Symptom limited activity.                  | Two days of activities that do not provoke symptoms.   | No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the patient has successfully returned to work/school.    |
| <b>Graded Loading - Individual program</b> |  |   |
| Light/moderate aerobic exercise.           | Light/moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace).<br>No resistance training.  | Remain completely free of any concussion-related symptoms.  |
| <b>RECOVERY DAY</b>                        |  |   |
| Sport-specific exercise.                   | Increase intensity of exercise (e.g. running at an increased heart rate) and duration of activity<br>Add sports-specific drills (e.g. goal kicking, stationary handballs)<br>Commence light resistance training                | Remain completely free of any concussion-related symptoms.  |
| <b>RECOVERY DAY</b>                        |  |   |
| <b>Graded Loading - full program</b>       |  |   |
| Limited contact training.                  | Return to full team training - non contact except drills with incidental contact (including tackling).<br>Return to full home and school life.   | Remain completely free of any concussion-related symptoms.<br><br>The patient confident to return to full contact training or sport or just general life. |
| <b>RECOVERY DAY</b>                        | A full medical clearance by a medical practitioner (e.g. Concussion Specialist, Physiotherapist or Doctor) is required to return to full contact training sessions and competitive contact sport or full home and school life. |   |
| Full contact training.                     | Full team training/full home and school life.  | Remain completely free of any concussion-related symptoms<br>The patient confident to return to full game.  |
| <b>Return to play</b>                      |  | <b>Minimum 12 days from initial injury</b>  |



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|--|--|--|
| <b>Rest</b><br>Rest.                         | Help speed up recovery.                              | Complete physical and cognitive rest in the first 24-48 hours.   |
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# INJURY PREVENTION & CONCUSSION MANAGEMENT

## Graded Loading - Individual program

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Light/moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace).  
No resistance training.

Remain completely free of any concussion-related symptoms.

**RECOVERY DAY**

Sport-specific exercise.

Increase intensity of exercise (e.g. running at an increased heart rate) and duration of activity  
Add sports-specific drills (e.g. goal kicking, stationary handballs)  
Commence light resistance training

Remain completely free of any concussion-related symptoms.

**RECOVERY DAY**

## Graded Loading - full program

Limited contact training.

Return to full team training - non contact except drills with incidental contact (including tackling).  
Return to full home and school life.

Remain completely free of any concussion-related symptoms.

The patient confident to return to full contact training or sport or just general life.

**RECOVERY DAY**

Full contact training.

Full team training/full home and school life.

Remain completely free of any concussion-related symptoms  
The patient confident to return to full game.

**Return to play**

Minimum 12 days from initial injury



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## When Is It Safe To Return To Play?

- 12 days is the *minimum*, NOT a guaranteed time out. It may very well be longer if a player progresses more slowly



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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- 12 days is the *minimum*, NOT a guaranteed time out. It may very well be longer if a player progresses more slowly
- Once a player has successfully completed the RTP Protocol, they require a written medical certificate from a suitably qualified healthcare practitioner to return to play



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## When Is It Safe To Return To Play?

- 12 days is the *minimum*, NOT a guaranteed time out. It may very well be longer if a player progresses more slowly
- Once a player has successfully completed the RTP Protocol, they require a written medical certificate from a suitably qualified healthcare practitioner to return to play
- This certificate must be supplied to the Club





# INJURY PREVENTION & CONCUSSION MANAGEMENT

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## Letter To GP/Healthcare Professional

The SMJFL Concussion Working Party are currently working on an information sheet and/or letter to assist healthcare practitioners in their clinical decision making process.

This will also inform them of the leagues guidelines and protocols



# INJURY PREVENTION & CONCUSSION MANAGEMENT

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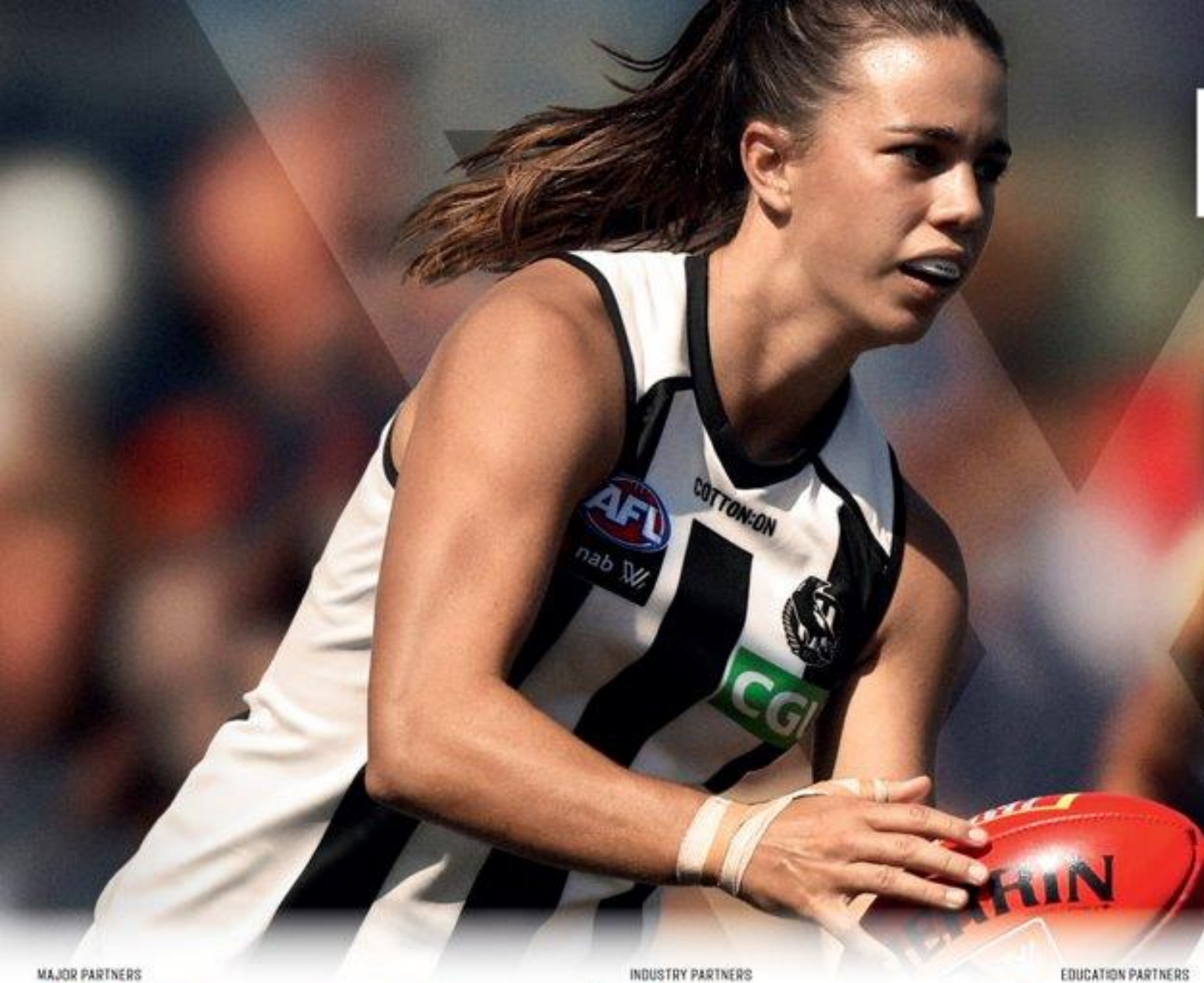
## The working party provides the following resources to clubs:

- Dangerous Tackle Guidelines – SMJFL Club Corner
- 4 x A3 posters for each club to be placed their change rooms – Take home today
- Reporting injuries spreadsheet for club management – acknowledge EBV for sharing their resource
- Sample letter for clubs to give to parents to show their GP what is required for a medical clearance in return to play

Working Party long term plan

Commitment to starting a Data Collection of Baseline testing in 2023





# PREP TO PLAY

REDUCE INJURY &  
ENHANCE PERFORMANCE

A PROGRAM FOR FEMALE AUSTRALIAN FOOTBALLERS

THIS IS *US*

MAJOR PARTNERS



Medibank Better. Health. Possibilities.



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION

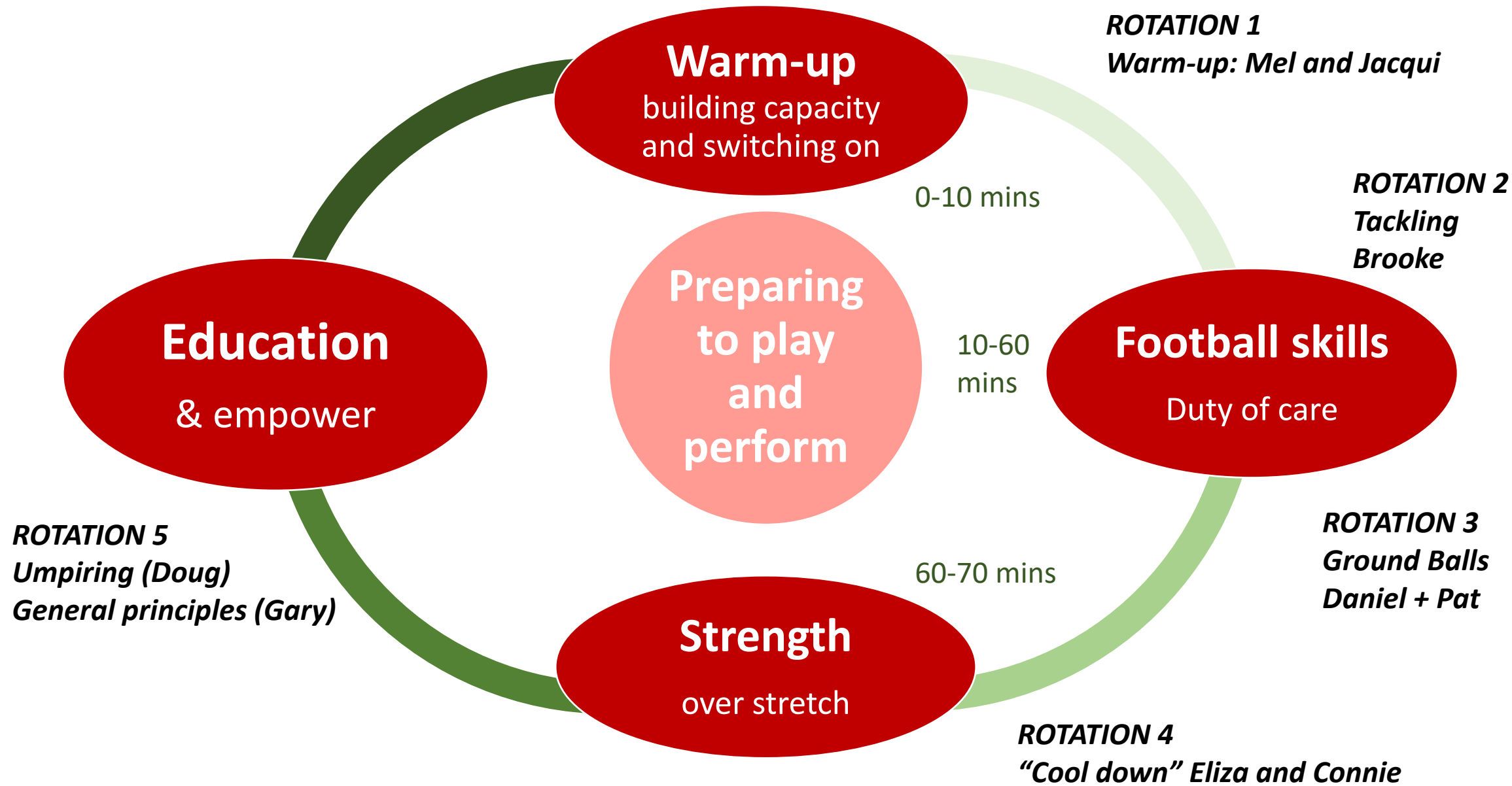
INDUSTRY PARTNERS



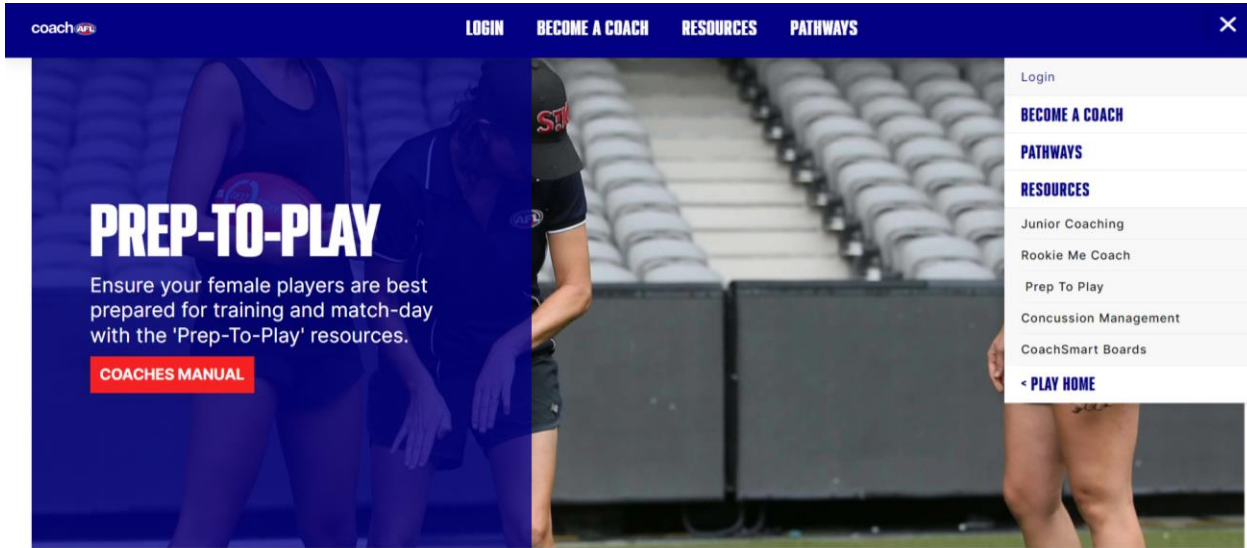
AUSTRALASIAN COLLEGE OF  
SPORT AND EXERCISE PHYSICIANS

EDUCATION PARTNERS









<https://www.play.afl/coach/resources/prep-to-play/>

Share a different video with your team each week  
Get your laminated warm-up and strength card

**Need some 1-to-1 support at your club?**

[prep2play@latrobe.edu.au](mailto:prep2play@latrobe.edu.au)

[pathwaysdirector@smjfl.com.au](mailto:pathwaysdirector@smjfl.com.au)

Scan the QR code to indicate your interest



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- **First Aid Courses**
- **ERC**



- **1300 IMHURT**
- **Match Day Injury Support**
- **10% Discount for SMJFL Players & Family Members**



- Cabrini Emergency**
- **SMJFL Member discount at Cabrini Malvern Emergency Department**

**Prep2Play – Call to Action clubs to book their session (link)**





**SOUTH METRO JUNIOR FOOTBALL LEAGUE**  
**Community Wing - RSEA Park**  
**32-60 Linton Street, Moorabbin VIC 3189**

**PO Box 3, Moorabbin VIC 3189**



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