

# 2020 Pediatric Traumatic Brain Injury (TBI) Severity Categories and Return to Play and Follow up Guidelines

TBI Severity	Glasgow Coma Scale (GCS)	Loss of Consciousness (LOC)	Alteration of Consciousness (AOC)	Post Traumatic Amnesia (PTA)	CT of Head (or MRI)	Return to Play	Follow up
<b>Very Mild**</b>	15	None to < 1 minute	None	None to < 1 hour	Normal	1 week	1-2 weeks with PCP or concussion clinic as needed
<b>Mild**</b>	13 to 15	None to < 30 minutes	None to < 24 hours	None to < 24 hours	Normal	2 weeks	
<b>Complicated Mild</b>	13 to 15	None to < 30 minutes	None to < 24 hours	None to < 24 hours	Abnormal*	3 months	1-3 weeks with concussion clinic
<b>Moderate</b>	9 to 12	> 30 minutes	> 24 hours	1-7 days	Normal or Abnormal*	6 months	4 weeks with Rehabilitation Specialist
<b>Severe</b>	3 to 8	> 24 hours	> 24 hours	> 7 days	Normal or Abnormal*	12 months	

\*Abnormal: Subarachnoid hemorrhage (SAH), Subdural hematoma (SDH, Fracture, Epidural Hematoma (EDH), Parenchymal contusion, Diffuse Axonal Injury/Shear (DAI)

\*\* TBI Severity determination may also be based on other factors such as previous concussions

This algorithm does not replace clinical judgment and is not intended to be prescriptive for all patients

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TBI Symptoms
Headache or “pressure” in head
Nausea or vomiting
Balance problems/dizziness
Double or blurry vision
Sensitivity to light or noise
Feeling sluggish, hazy, foggy or groggy
Confusion, concentration or memory problems
Just not “feeling right” or “feeling down”

<https://www.cdc.gov/headsup>

Stepwise Return to Activity Modify for age-appropriateness
<b>1. Rest</b> until symptoms improve
<b>2. Light activity</b> once symptoms begin to resolve (age-appropriate) -modified school schedule - light aerobic exercise; walking, swimming
<b>3. Moderate activity</b> once symptoms are <b>mild</b> and nearly gone -regular school schedule -moderate activity; jogging
<b>4. Regular activity</b> once symptoms are <b>gone</b> -Heavy, non contact activity such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact-sport-specific drills
<b>5. Practice and full contact</b> -Normal training activities
<b>6. Competition / Return to Play</b>

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