

## What's New in Concussion Care: From Risk Reduction to Return to Play

### 1. Course Description

Concussions continue to be a serious epidemic in youth and competitive sports. With approximately 1.6 million to 3.8 million sports-related concussions occurring every year, these injuries are considered to be among the most complex injuries in sports medicine to diagnosis, assess, and manage. It is critical for sports medicine professionals to have a substantial base of knowledge on how to properly manage concussive injuries to assure full recovery and safe return to play/learn. The instructor will provide an overarching review of recent literature and most recent consensus statement as it pertains to concussion management from acute injury to return to play. The modules within this course include prevention/risk reduction, acute management, rehabilitation techniques, and return to play/learn recommendations. The aim of this course is to provide an updated overview and concise resource for essential takeaways on how to properly manage concussions from acute injury to return to play to keep the athlete at the forefront of care.

### 2. Speaker

J.D. Boudreaux, EdD, PT, LAT, ATC, SCS

### 3. Contact Hours

1

### 4. Cost

Free

### 5. Registration Link

[ConcussionCareTraining.com](https://ConcussionCareTraining.com)

### 6. Target Audience

Physicians, Nurse Practitioners, Physician Assistants, Psychologists, Athletic Trainers, Physical Therapists, Occupational Therapists, Chiropractors

### 7. Location/Format

Live Webinar

### 8. Learning Objectives

(Achievement assessed through post-course evaluation/quiz) At the end of this course, the learner will:

1. Identify risk reduction and prevention techniques to enhance safety for potential concussive injuries in student-athletes (Knowledge)
2. Confirm the need and implement various assessments to assure proper management of acute concussion (Comprehension).
3. Devise a structured plan to evaluate an athlete in a clinical setting to ensure implementation of evidence-based techniques (Synthesis).
4. Appraise various rehabilitation exercises and justify usefulness throughout the return to play process (Evaluation).
5. Generate a return to play/learn plan through application of various techniques for student-athletes recovering from concussions (Synthesis)

### 9. Educational Level

Beginner / Introductory / Essential

### 10. Course Outline

- I. Introduction - definition, statistics, mechanisms, signs and symptoms
- II. Prevention/Risk Reduction - policy/rule changes, protective equipment
- III. Acute Management - sideline evaluation, SCAT 6
- IV. Rehabilitation Techniques - clinical evaluation, trajectories, foundations of exercise prescription
- V. Return to Play/Learn - graduated return to play parameters, academic modifications, medical disqualification
- VI. Conclusion- clinical bottom line, questions



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## More Information

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### CE Credits Offered:

#### Athletic Trainers

ImPACT Applications, Inc. (BOC AP# P3429) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 1 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

#### Physicians

ImPACT Applications, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### AMA Credit Designation Statement

ImPACT Applications, Inc. designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.





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## More Information

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### **Course Completion Requirements**

Learners must do the following to receive a valid statement of credit or certificate:

Watch the live presentation

Complete the course quiz (80% minimum passing score) and satisfaction survey

### **Attendance Requirements**

Attendees should claim only those hours actually spent in the educational program.

### **Prerequisites**

None

### **Healthcare Provider Applicability**

Available upon request. Please email [training@impacttest.com](mailto:training@impacttest.com) to request.

### **Special Needs Requests**

Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

### **Included with Registration**

Access to recording of the webinar for 48 hours after the live session

Presenter contact information available on request

### **Required Materials**

ImPACT Applications training dashboard login

### **Speaker Standards**

Statements and opinions contained in this presentation are solely those of the presenter.

Treatments and tools presented today are some of many that are available.

Presenters have agreed to demonstrate high standards of professional conduct and will not discriminate against learners on the basis of gender, age, socioeconomic or ethnic background, sexual orientation, or disability.

ImPACT Applications owns the slides presented. Attendees may not use any materials presented without written permission from ImPACT Applications.



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## More Information

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### What's New in Concussion Care: From Risk Reduction to Return to Play

#### Complaint Policy

When a participant, either verbally or in written format, files a grievance and expects action on the complaint, the following actions will be taken.

If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual filing the grievance will be asked to put his/her comments in written format. The planning committee will then pass on the comments to the speaker, assuring confidentiality.

If the grievance concerns a workshop, its content, level of presentation, or the facilities in which the workshop was offered, the planning committee will mediate and will be the final arbitrators. If the participant requests action, the final arbitrator will follow the standard cancellation and refund policies.

If the grievance requires a resolution, a member of the planning committee will take necessary action.

Please contact ImPACT Applications at [training@impacttest.com](mailto:training@impacttest.com), (877) 646-7991 ext. 908, or +1 (412) 567-8400 to submit a complaint, or if you have additional questions.

#### Commercial Support

Currently, ImPACT Applications does not accept commercial support for any continuing education programs.

#### Conflict of Interest Policy

Available upon request

All individuals in control of content disclosed **no relevant financial relationships**.

The planning committee identified **no conflicts of interest** for this course.

#### Commercial Bias

The intent of this course is to promote improvements in the management of concussion. Attendees are encouraged to inform the course planning committee through the course evaluation if any commercial bias is detected.

#### Cancellation Policy

**By the Learner:** You may not cancel a video on-demand purchase. The course is available for 6 months after purchase and the individual may watch it at any time. If you are unsatisfied with the course, please contact [training@impacttest.com](mailto:training@impacttest.com) to receive credit towards another course of equal or lesser value.

**By ImPACT:** If ImPACT Applications removes a course from its video on-demand library, they will first offer the individual a credit toward another course of equal value. If the individual does not want another course, the provider will refund the registration fee for the course.



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## More Information

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**J.D. Boudreaux, EdD, PT, LAT, ATC, SCS**  
EPIC Education and Consulting, LLC

J.D. Boudreaux received a Bachelor of Science degree from McNeese State University in 2003 as well as a Masters of Physical Therapy from LSU Health Sciences Center-Shreveport in 2005. In August of 2003, he became nationally certified as an athletic trainer and obtained his Sports Certified Specialist certification through the American Board of Physical Therapy Specialties in 2011 and later recertified in 2021. He completed his EdD degree from the University of Louisiana Monroe in Curriculum and Instruction in the Fall of 2018. He has over fifteen years of experience as a dual credentialed sports medicine professional. He has spent seven years managing acute athletic injuries and directing the post-surgical rehabilitation of high-level athletes at the collegiate level. JD is the founder of EPIC Education and Consulting, LLC and is currently employed as the Director of Sports Medicine by a regional health system delivering care in an outpatient sports medicine clinic in conjunction with other medical professionals to a variety of individuals, including high school and collegiate athletes. JD is married to the former Stephanie Mayeux and the proud father of two daughters, Olivia and Anniston.