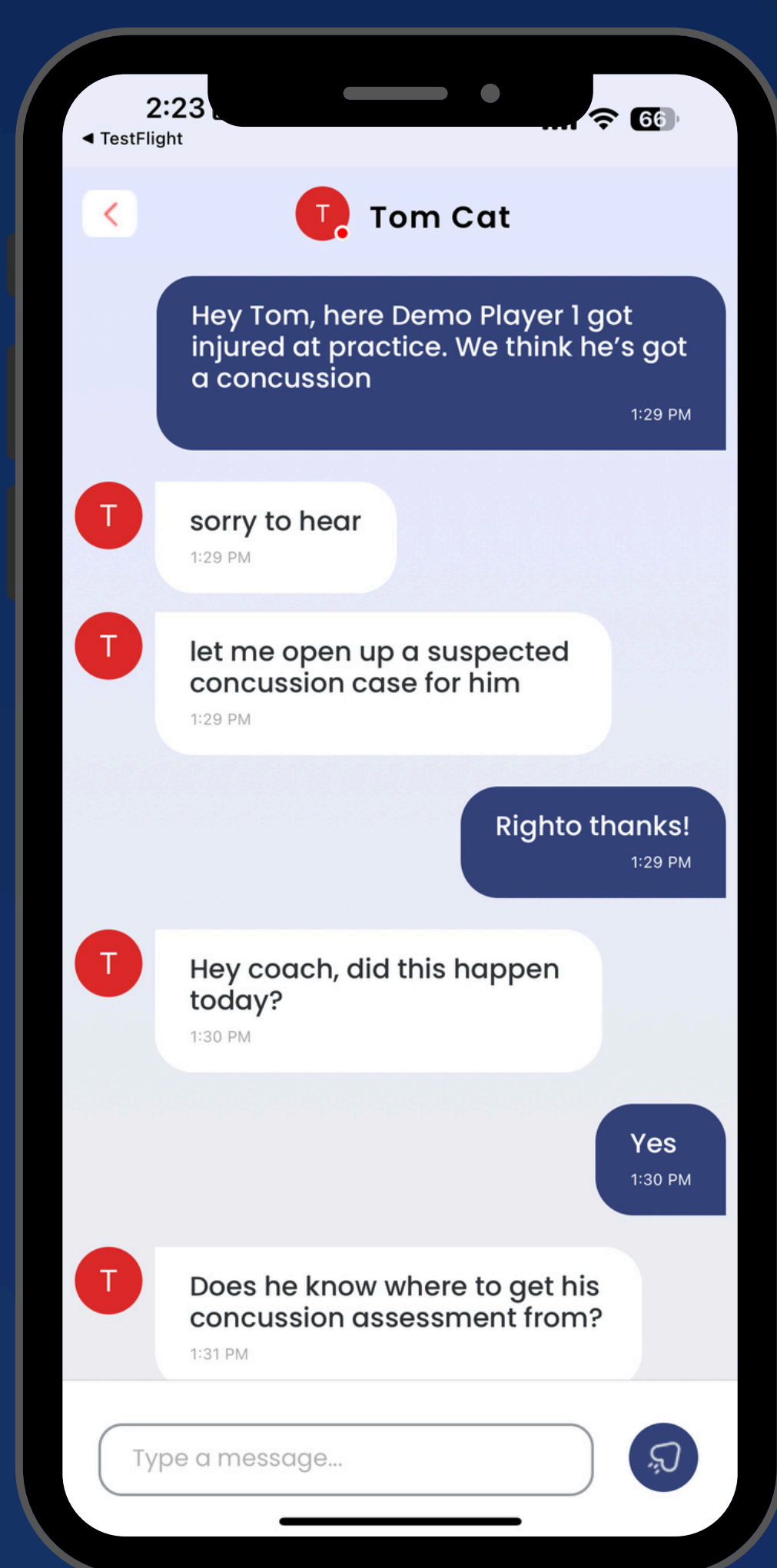


How to Manage a Concussion on Mira

Let us take you through our Concussion Management protocol, based on AFL and AIS guidelines



Case Information



Gather relevant information:

Once you have the case details – either received them from a trainer, physio, sports doctor, club official, or other via the chat function or have witnessed the injury yourself – proceed to open a case for the player.

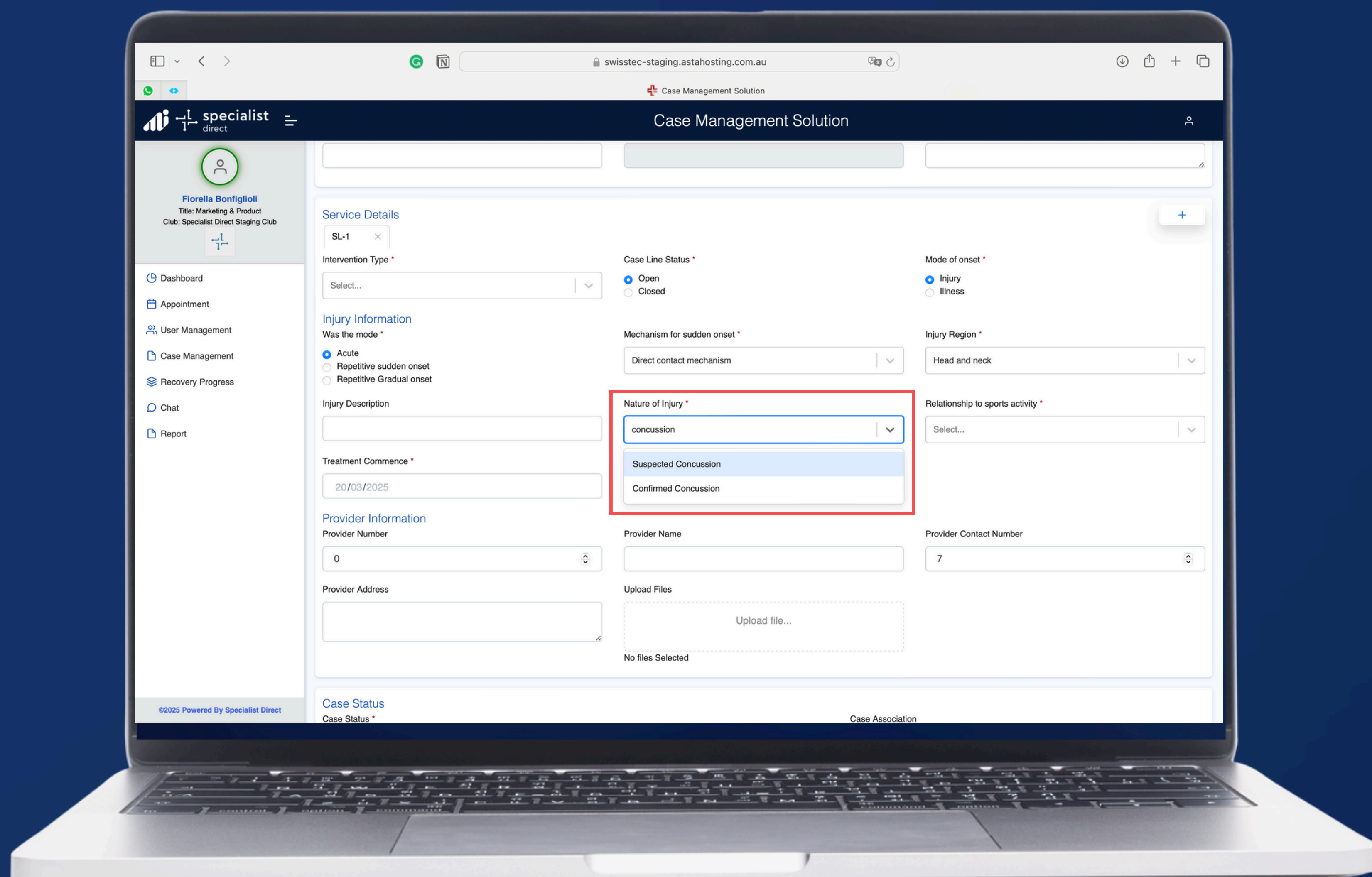
If you need help creating a case, review our [guide](#)

Adding a Case

Creating a Concussion Case:

Create a case following the same process as a normal case – head to “User Management” and click “Add Case”. When reaching “Nature of Injury”, you will have two options:

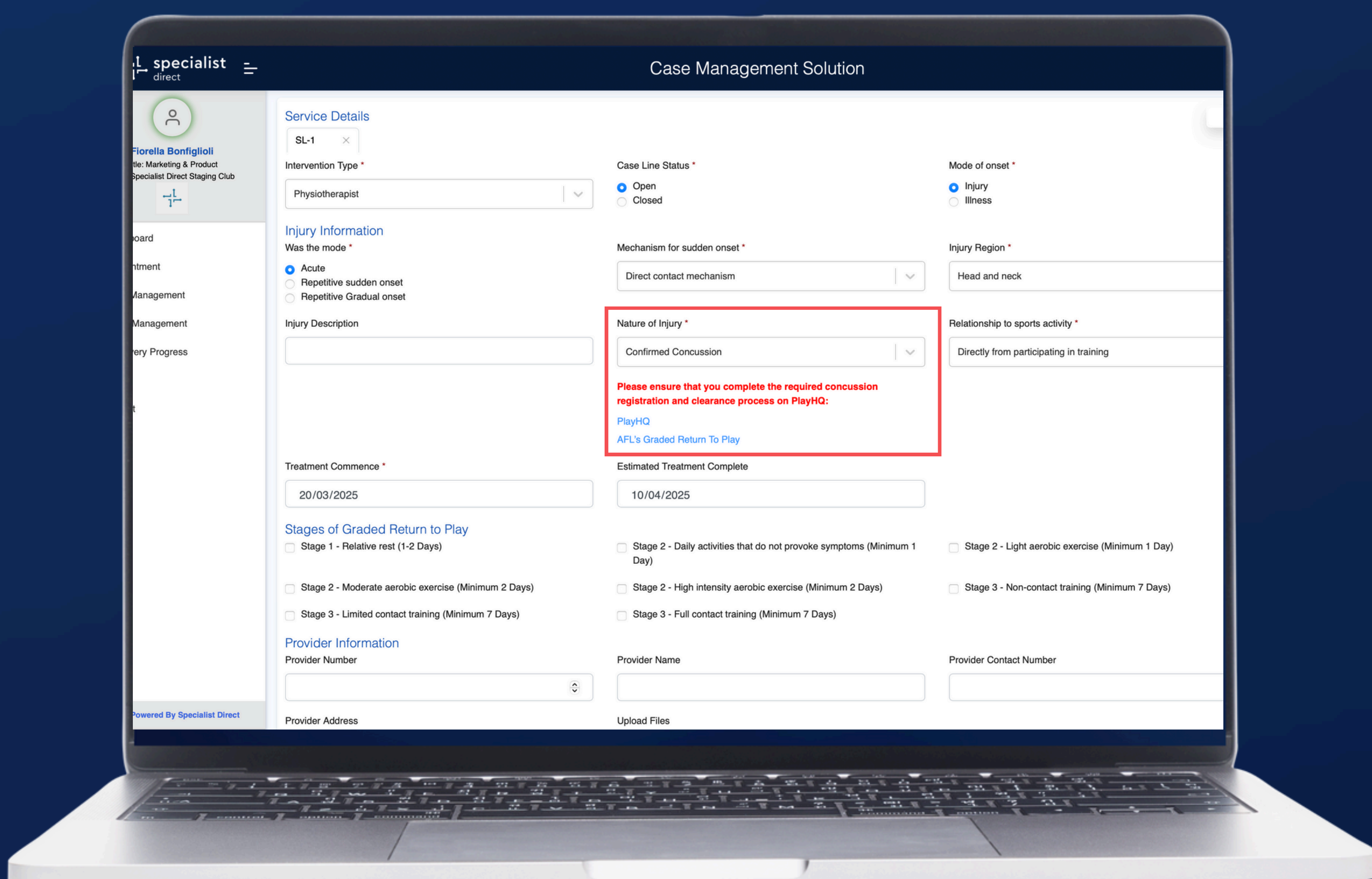
- **Suspected Concussion:** when a head injury on the field is suspected to be a concussion.
- **Confirmed Concussion:** when a healthcare professional has confirmed the concussion.



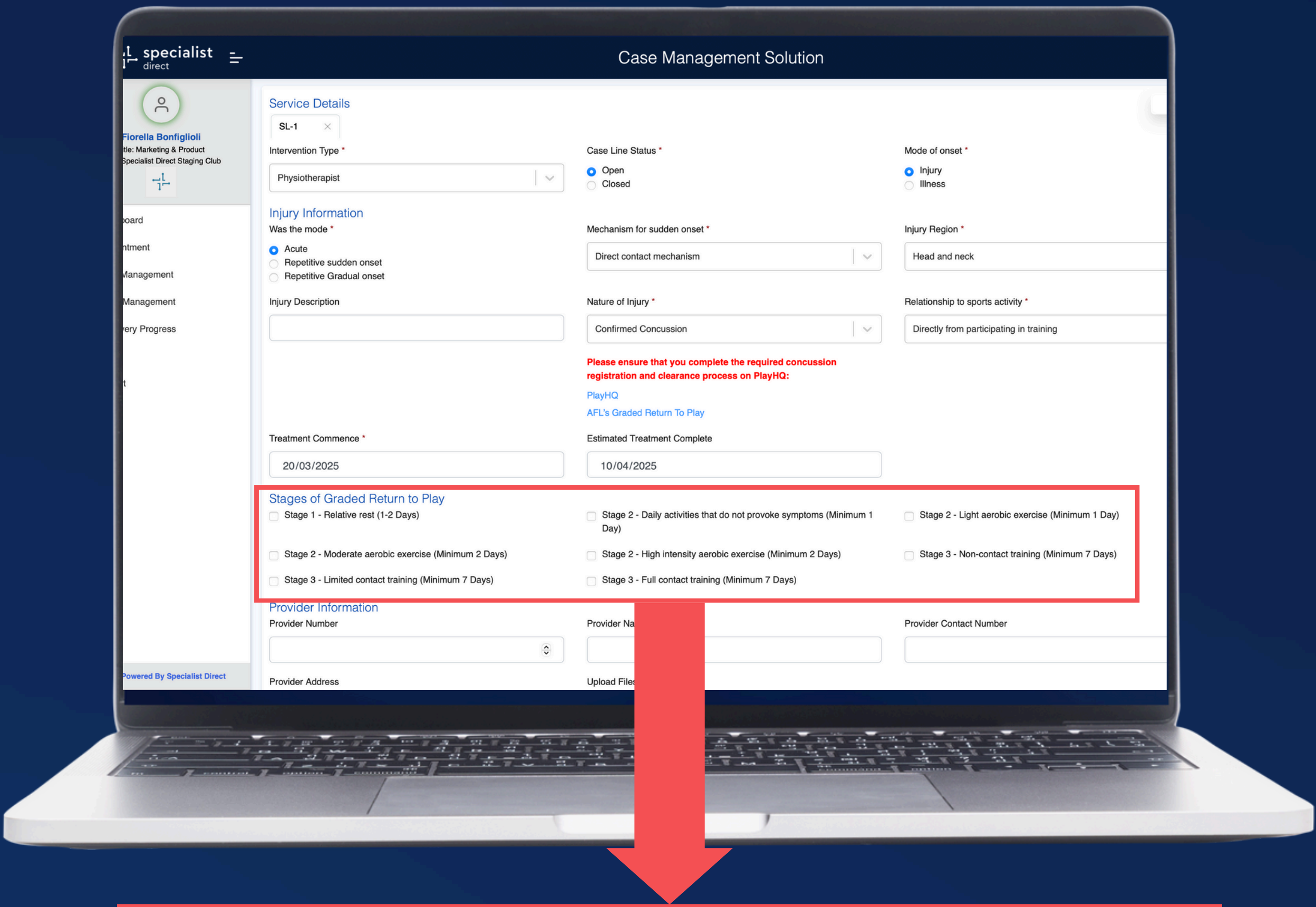
What happens when selecting concussion?

When the “Nature of Injury” is a “Concussion”, whether it is **suspected** or **confirmed**, the following prompts will come up:

- Please ensure that you complete the required concussion registration and clearance process on PlayHQ:
 - Link to PlayHQ (login to take player off the play list)
 - Link to AFL’s Graded Return to Play (for ease of reference)

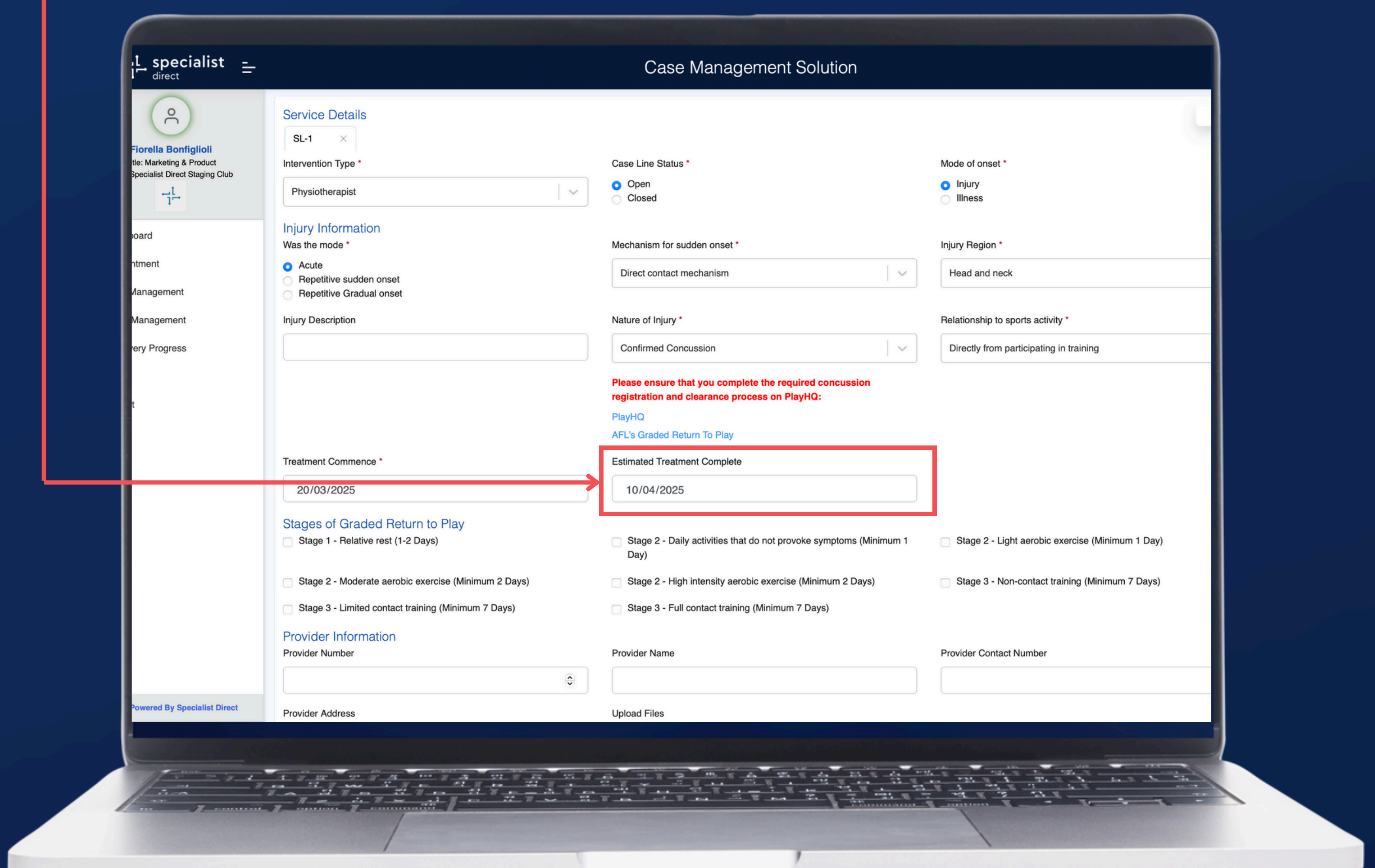
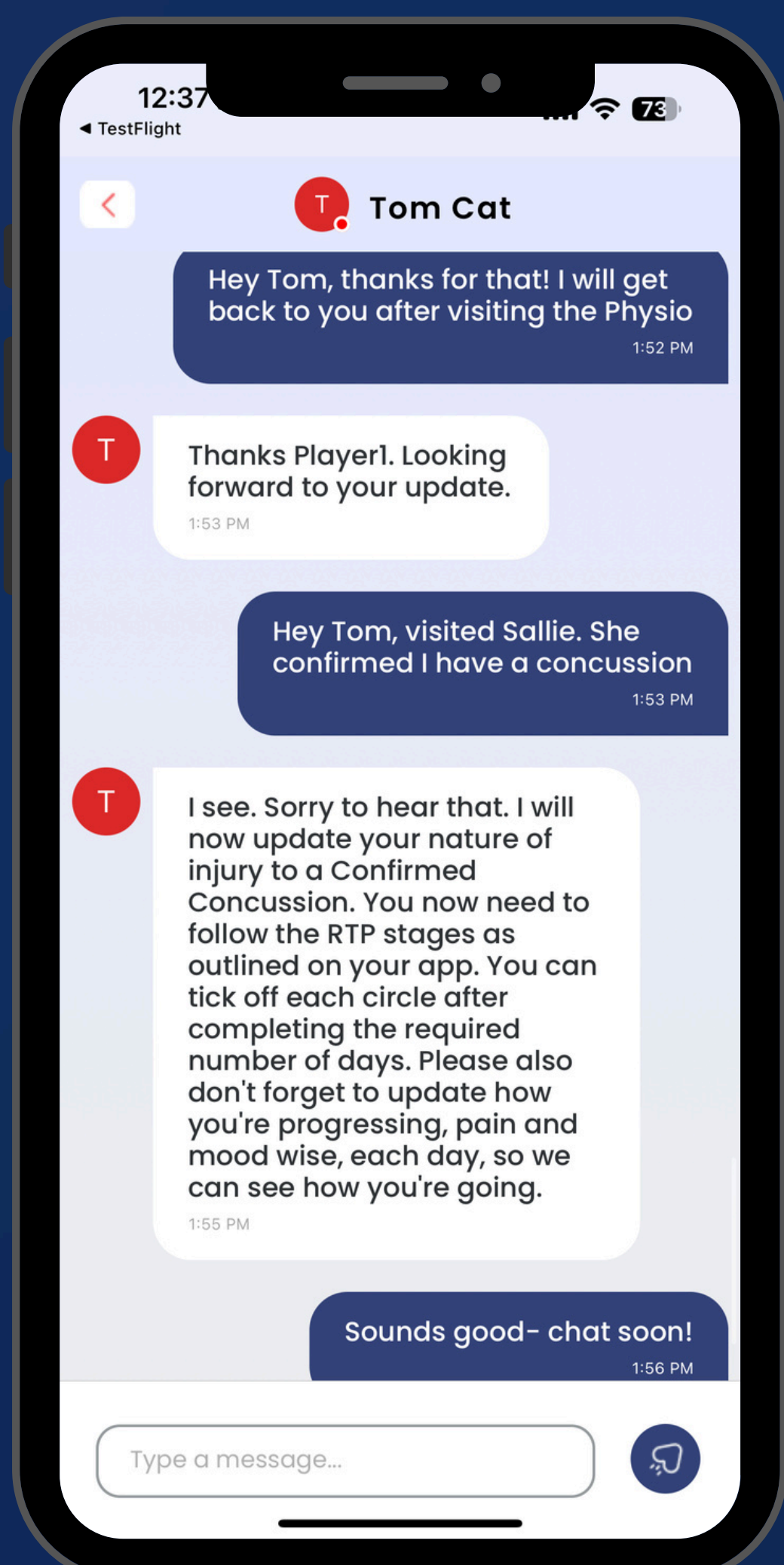


- The panel “**Stages of Graded Return to Play**” will come up. This checklist is for the PLAYER to complete and allows Case Managers to track their progress.

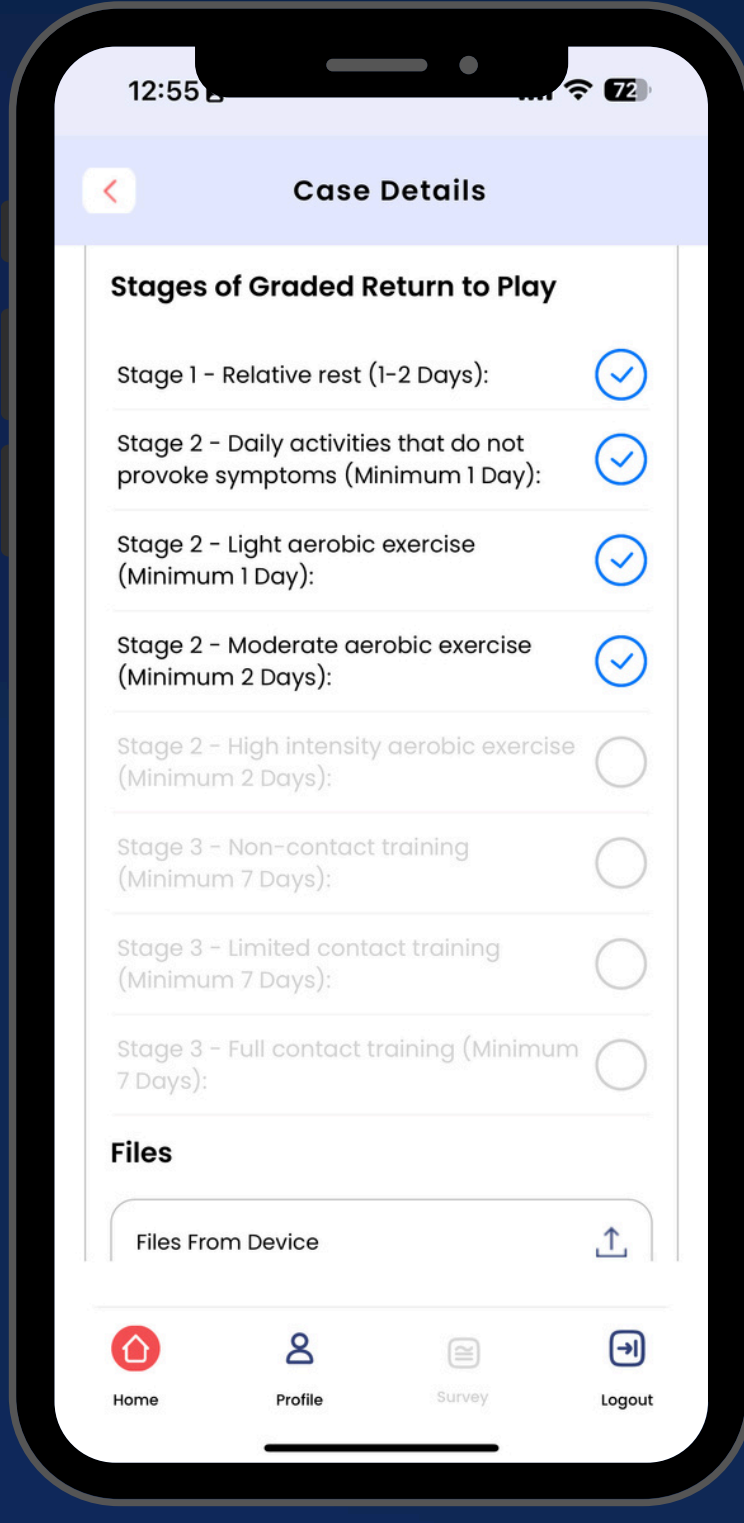


Confirmed Concussion Protocol

Once the concussion is confirmed by a qualified healthcare professional – GP, Physio or Specialist – Case managers should **update the nature of injury to “Confirmed Concussion”**, locking the “Estimated Treatment Complete” to a minimum of 21 days (according to AFL guidelines).



How does it look like on the player's side?

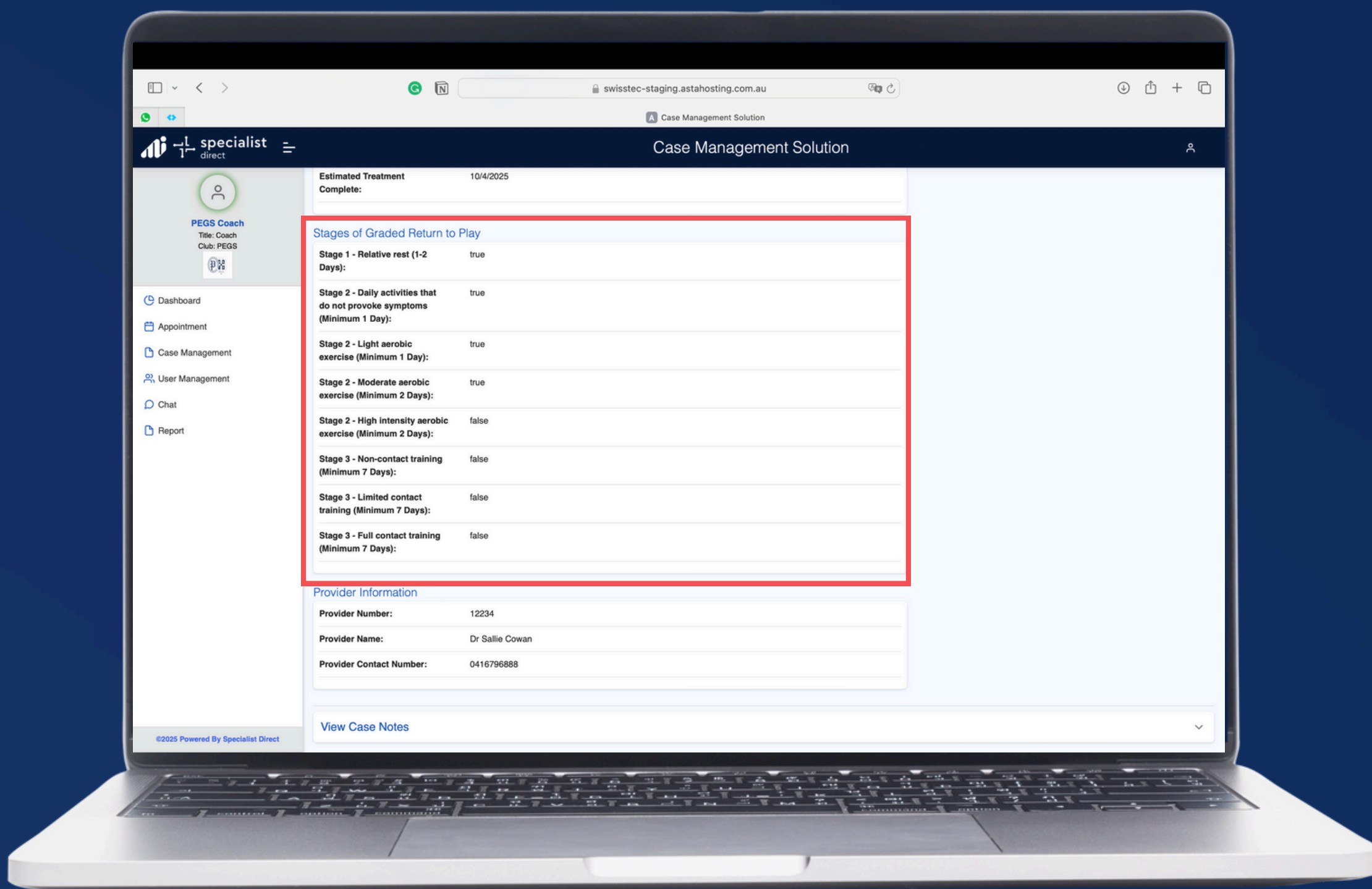


As players progress through their recovery journey, they can “tick” each stage of “Graded Return To Play” on Mira.

The checkboxes will be enabled as the minimum days are completed.

How does it look like on the case manager's side?

Case Managers can follow player's progression through the “Graded Return to Play” in the case details.

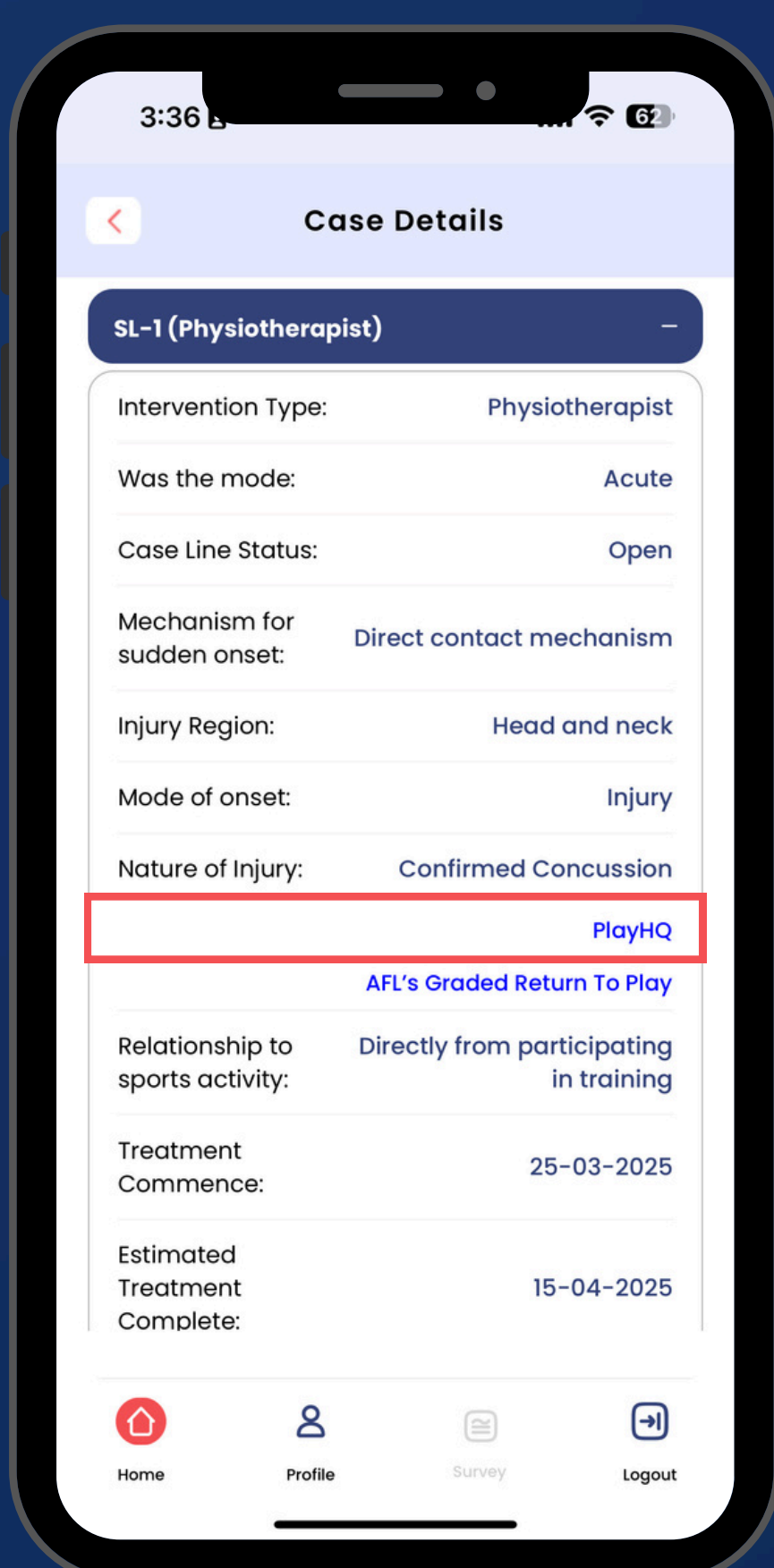
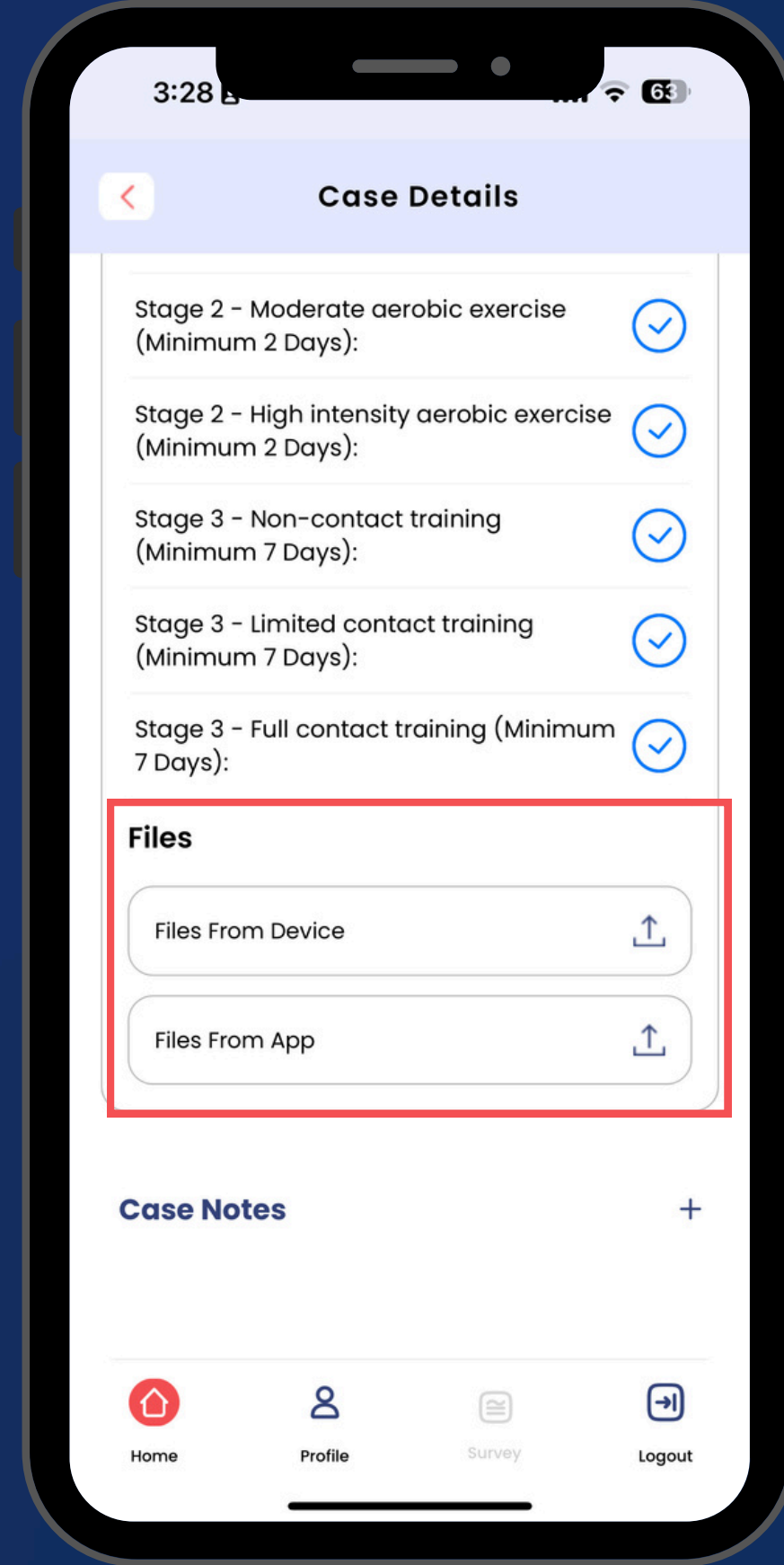


What happens when players complete the “Graded Return to Play” protocol?

On Mira

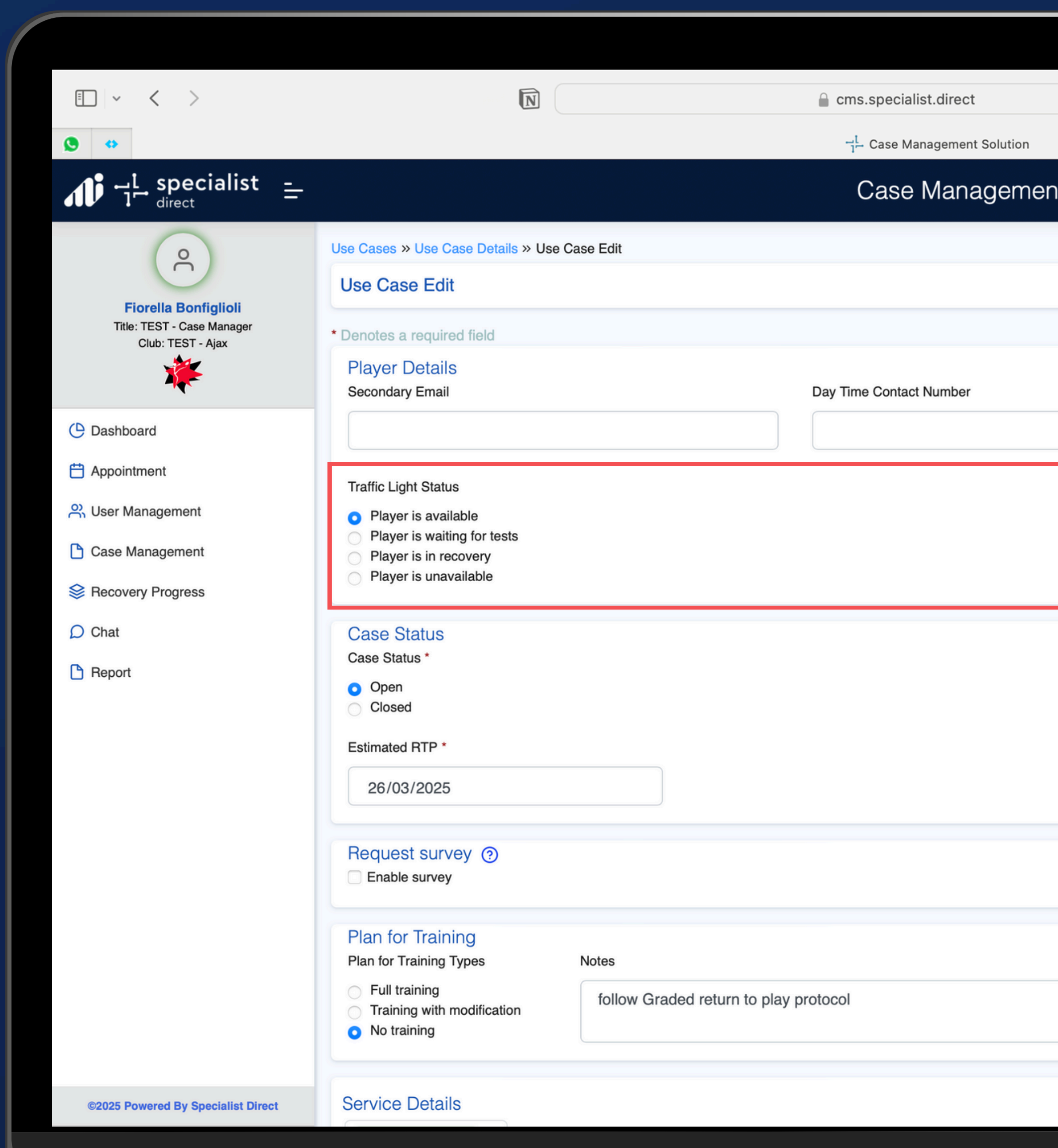
Does your league/club require clearance certificates?

If your league/club requires players to upload clearance certificates care providers, whether if it is or not a diagnosed concussion or a final assessment, you can request players to **upload the documents to their case using the File Upload feature.**



On PlayHQ

Players are still required to go to the Play HQ link on the app at the end of the Graded Return to Play Process to complete their declaration and get back on the play list.



After players complete their clearance on PlayHQ, Case Managers need to update their status as “Player Available” on Mira

Id	Case Id	Preferred Name	Name	Injury / Illness	Plan For Training	Estimated RTP	Player Availability	Case Status	Date	Details
1	00001		Fiorella Bonfiglioli	Injury	No training	0 days	●	Open	2025-03-05	View More