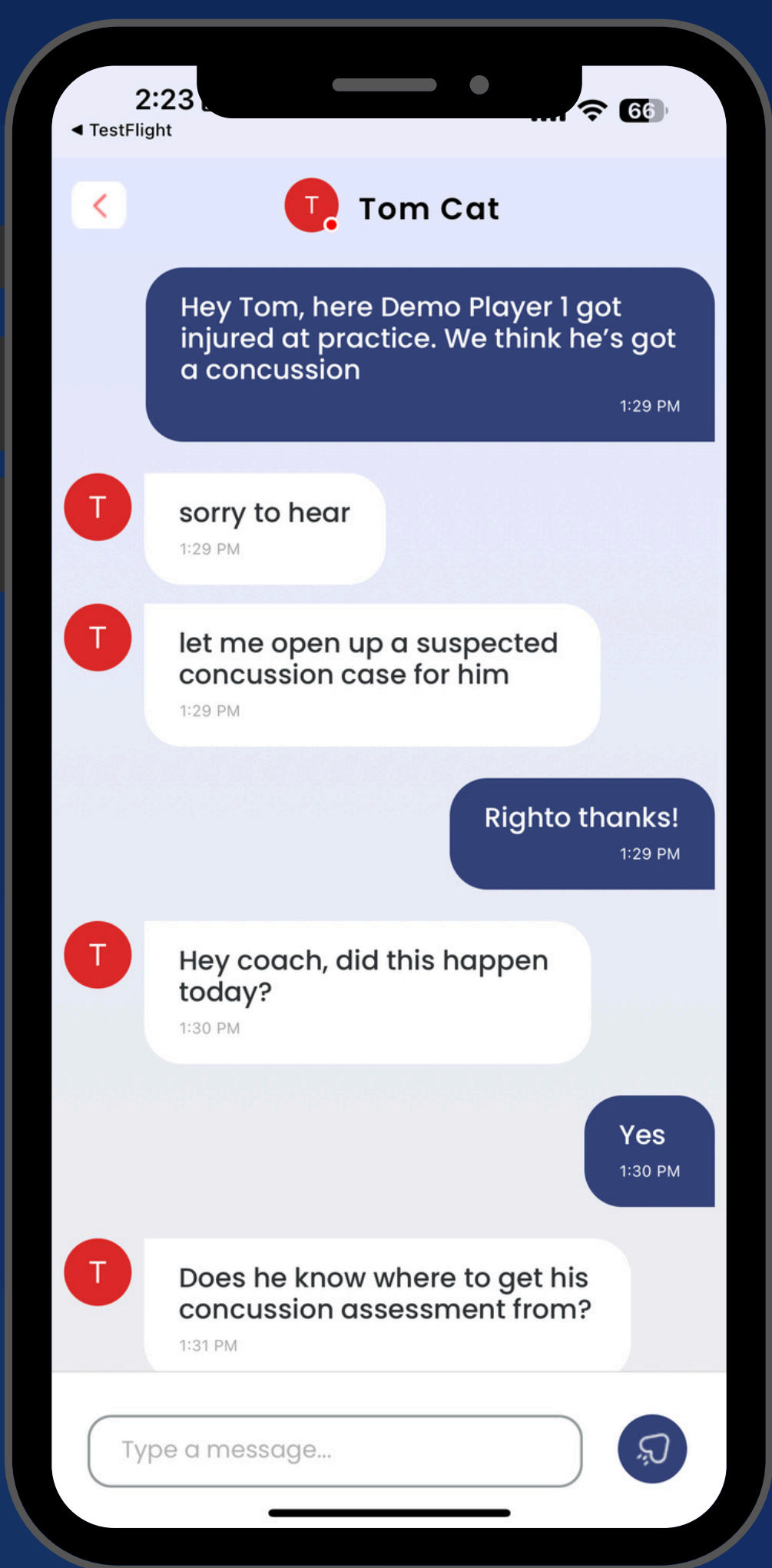


How to Manage a Concussion on Mira

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 that you would have received from your:

- trainer
- physio
- sports doctor
- club official
- or other

via the chat function, proceed to open a case for the player.

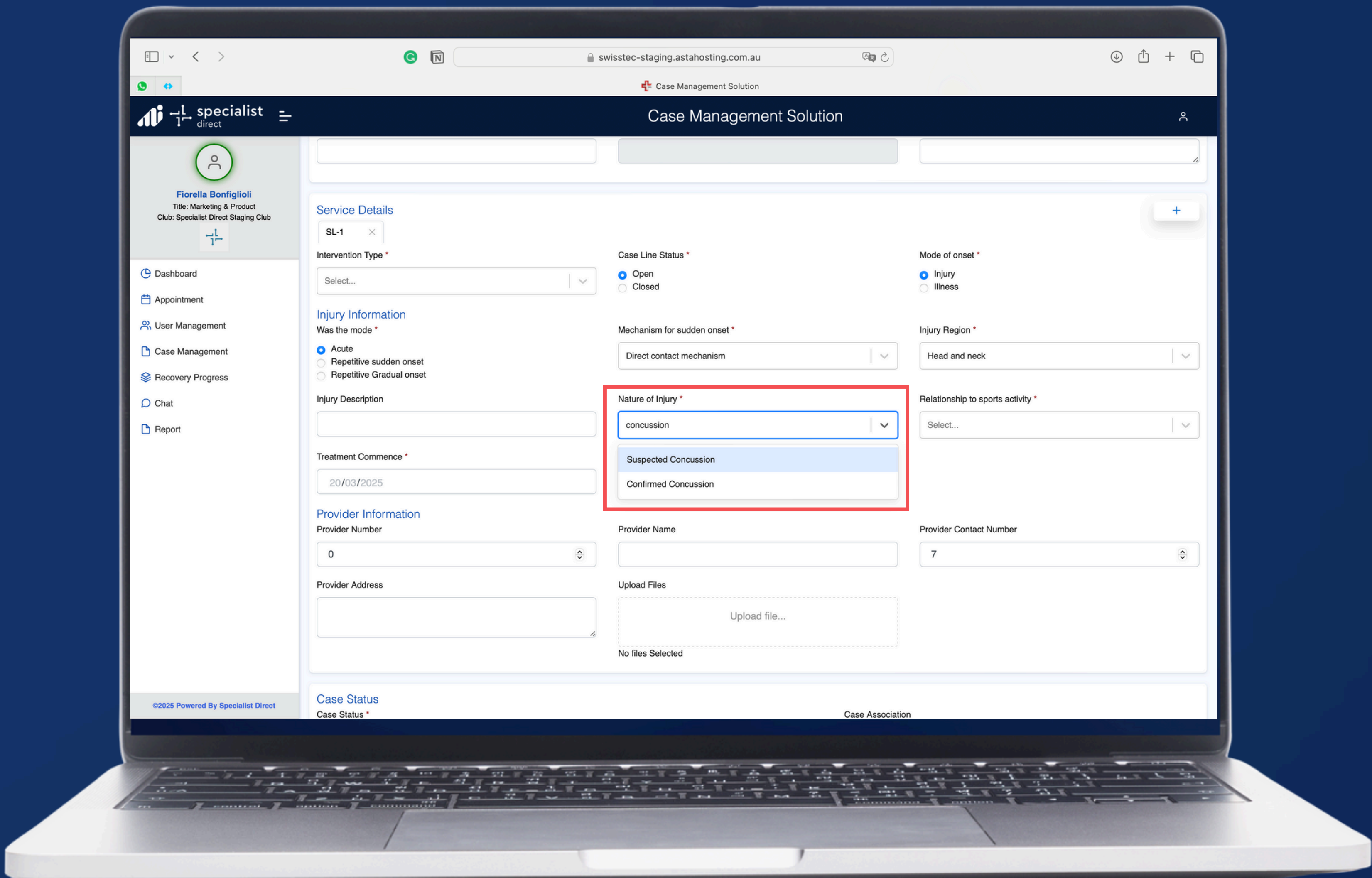
If you need help creating a case, review our [guide](#)

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 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.

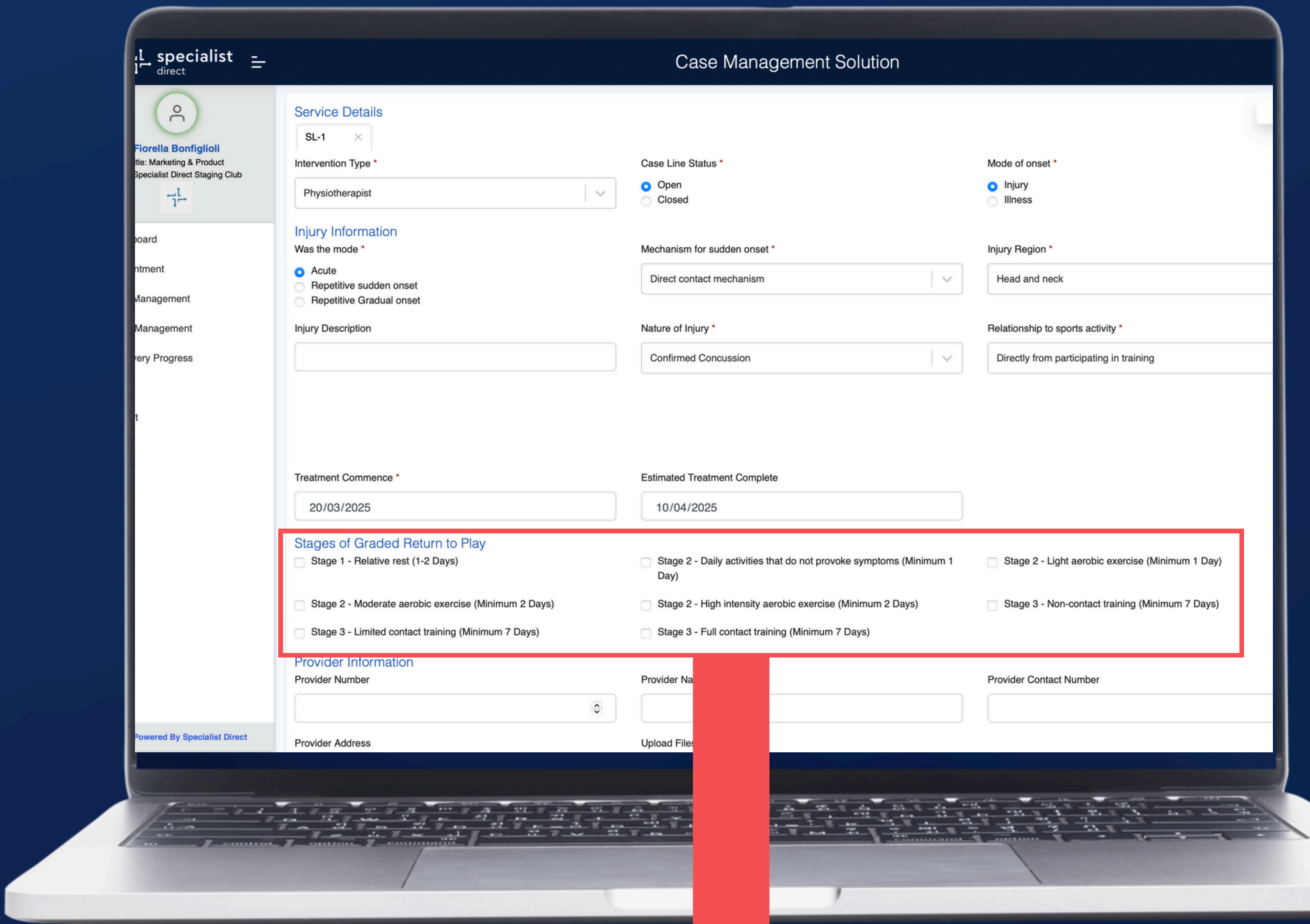


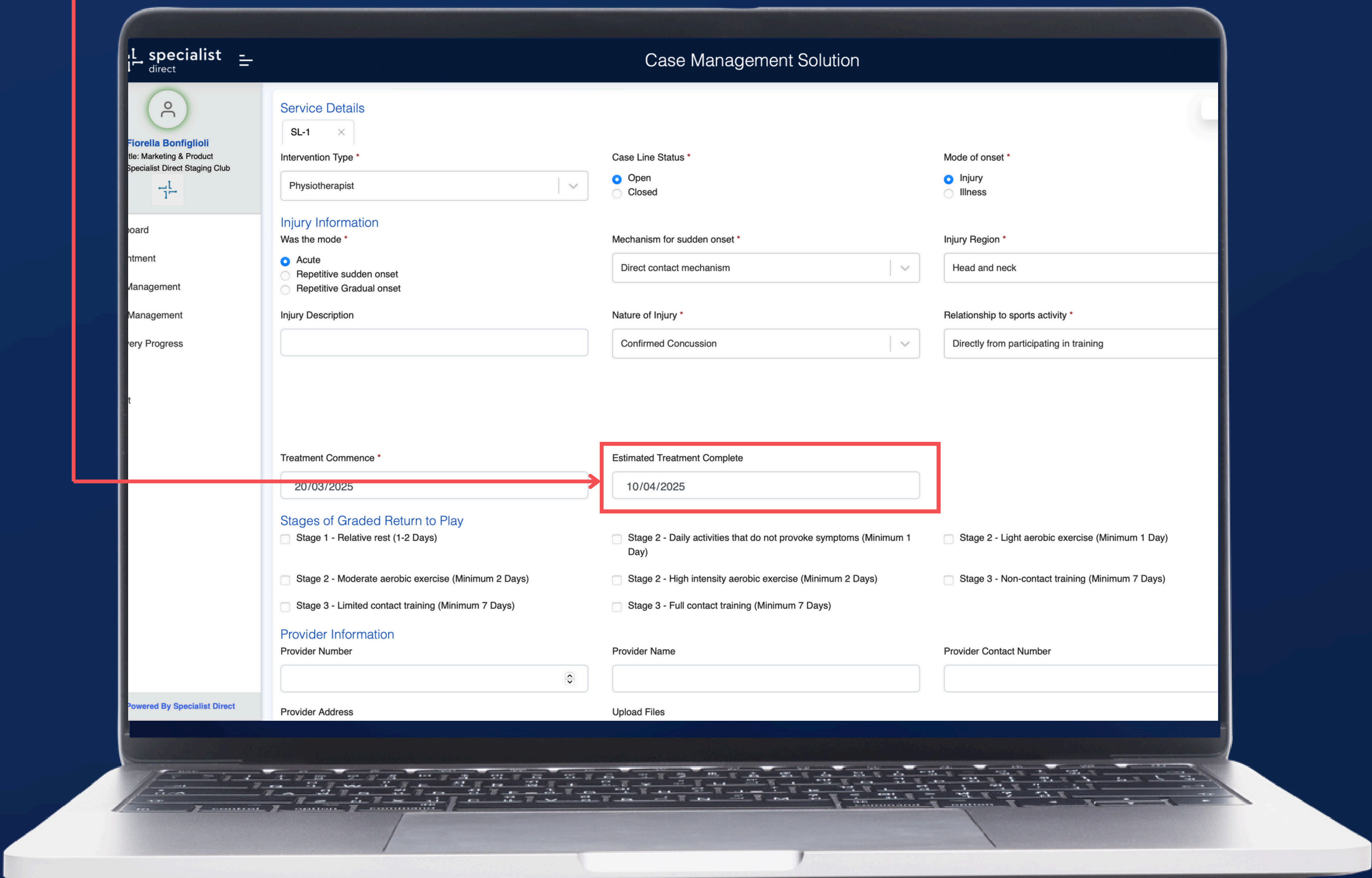
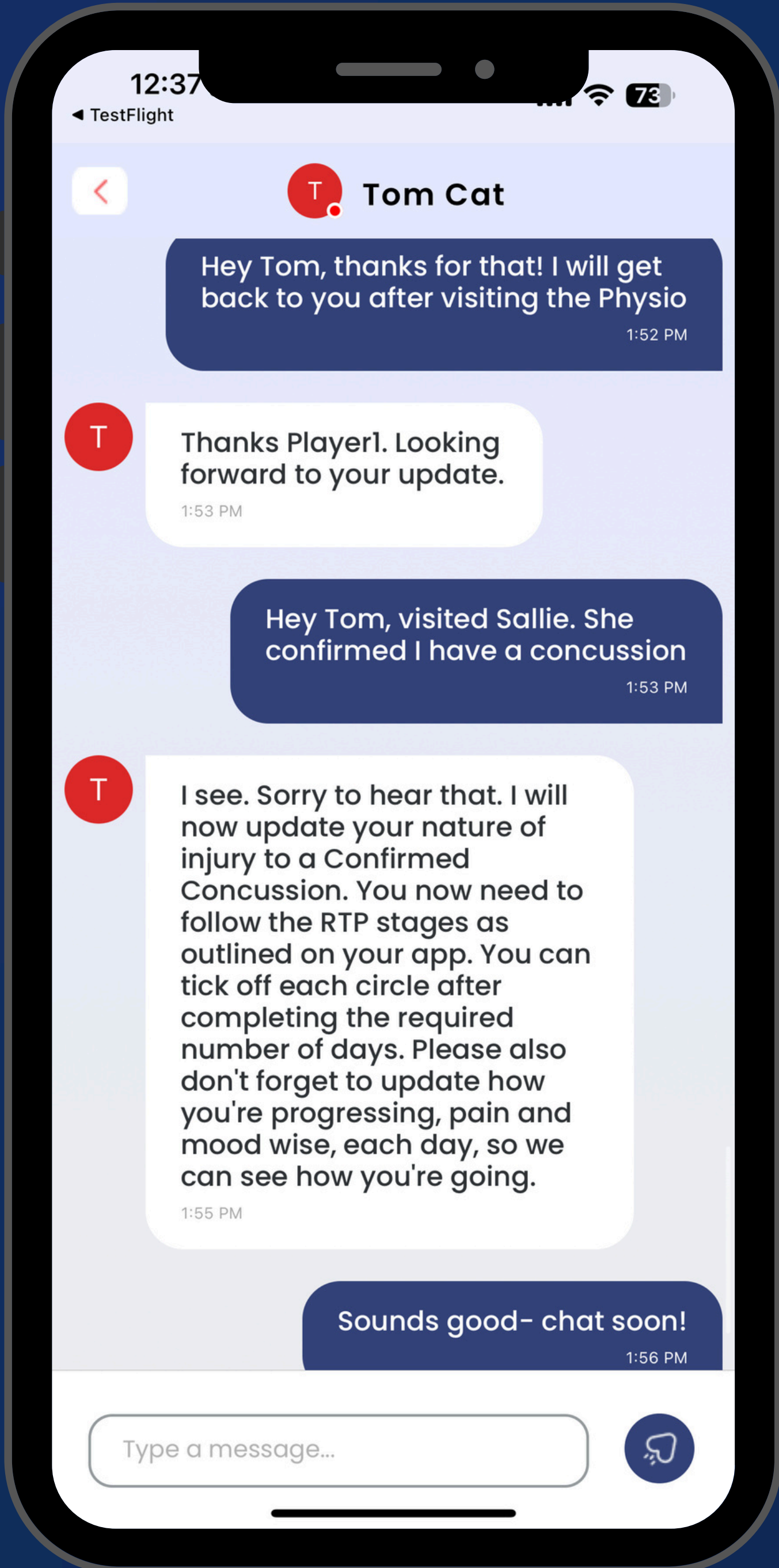
FIGURE 3.

STAGES OF GRADED RETURN TO PLAY

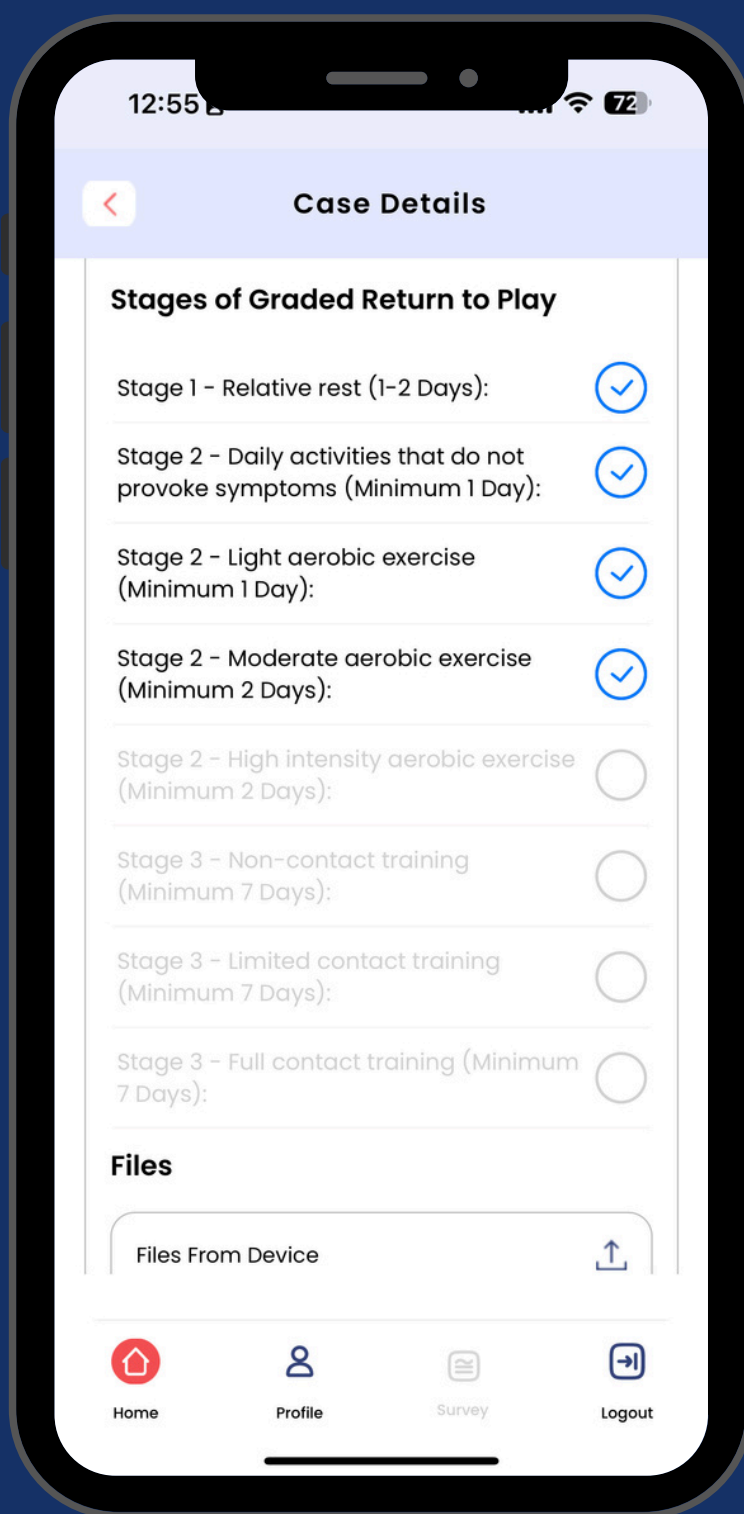
STAGE 1: RELATIVE REST			1
ACTIVITY Relative rest Gentle day-to-day activities - as guided by symptoms. Minimise screen time (TV, computer/homework/work, phone/social media and gaming)	DURATION 1-2 days	CRITERIA TO PROGRESS Nothing specific - should progress after 1-2 days	
STAGE 2: RECOVERY			2
ACTIVITY i. Daily activities that do not provoke symptoms Increase day-to-day activities - as guided by symptoms. Include short walks. Limit screen time (TV, computer/homework/work, phone/social media and gaming) -duration depends on symptoms No team training drills. No resistance training.	DURATION Minimum 1 day	CRITERIA TO PROGRESS Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)	
ii. Light aerobic exercise Start light activity e.g., walking, jogging or cycling at a slow to medium pace. Aim for about 50-60% maximum heart rate (can carry a conversation when exercising) No team training drills. No resistance training.	Minimum 1 day	Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)	
iii. Moderate aerobic exercise Start moderate aerobic exercise e.g., walking, jogging or cycling at a medium pace. Aim for about 60-80% maximum heart rate. May continue with moderate aerobic exercise over a number of days/ sessions if still has symptoms related to concussion. No team training drills. No resistance training.	Minimum 2 days	Progress if concussion-related symptoms resolved or not worsened from their previous level (either during activity or by the next day)	
iv. High intensity aerobic exercise Start high-intensity aerobic exercise (e.g. running or cycling at high intensity) Up to maximum heart rate. No team training drills. Can commence gentle resistance training (50-75% of usual loads)	Minimum 2 days	Progress if a) Complete recovery of all concussion-related symptoms and signs at rest and with high intensity training; b) Have returned to school or work (without any need for modifications);	
STAGE 3: GRADED LOADING PROGRAM			3
ACTIVITY i. Non-contact training Return to full team training sessions - <u>non-contact activities only</u> Minimum of 2-3 training sessions with no consecutive days of football training (to allow for rest and recovery)	DURATION Minimum 7 days	CRITERIA TO PROGRESS Progress if remaining completely free of any concussion-related symptoms*	
ii. Limited contact training Full team training allowed -able to participate in drills with incidental and/ or controlled contact (including tackling) <u>No consecutive days of training (i.e. must have 'non-contact activity' days in between training sessions)</u>	Minimum of 7 days to progress through graded contact training	Progress if: a) Remaining completely free of any concussion-related symptoms* b) Player is confident to return to full contact training c) Player has medical clearance to return to full contact training	
iii. Full contact training		Progress if: a) Remaining completely free of any concussion-related symptoms* b) Player is confident to return to play	
STAGE 4: UNRESTRICTED RETURN TO PLAY			4
*If concussion-related symptoms reappear at any time in stage 3 (Graded loading program) then the player should go back to the previous symptom-free step in stage 2 (Recovery) and seek medical review from a doctor.			

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?

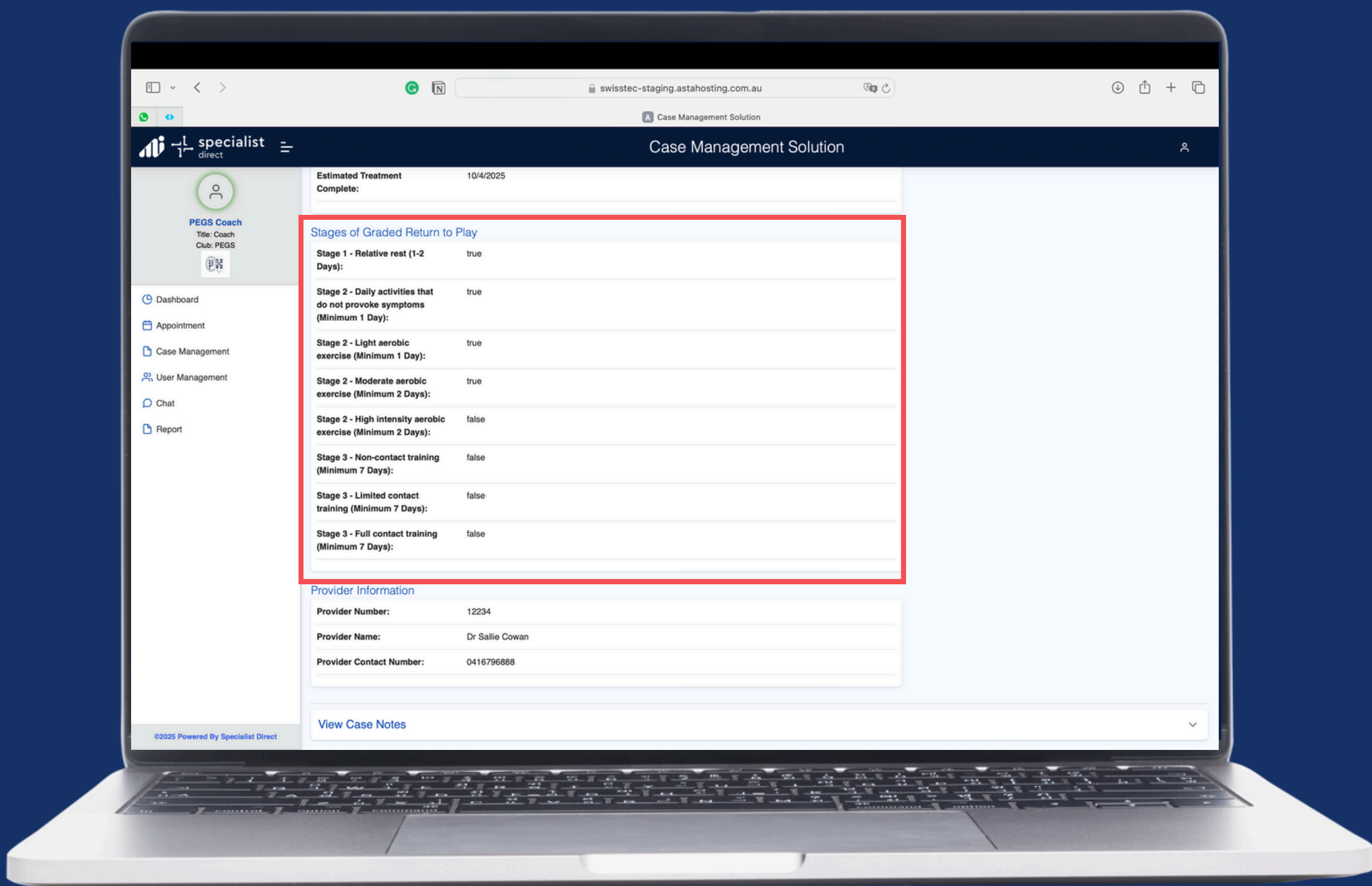


As players progress through their recovery journey, they can “tick” each stage of “Graded Return To Play” on Mira.

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.

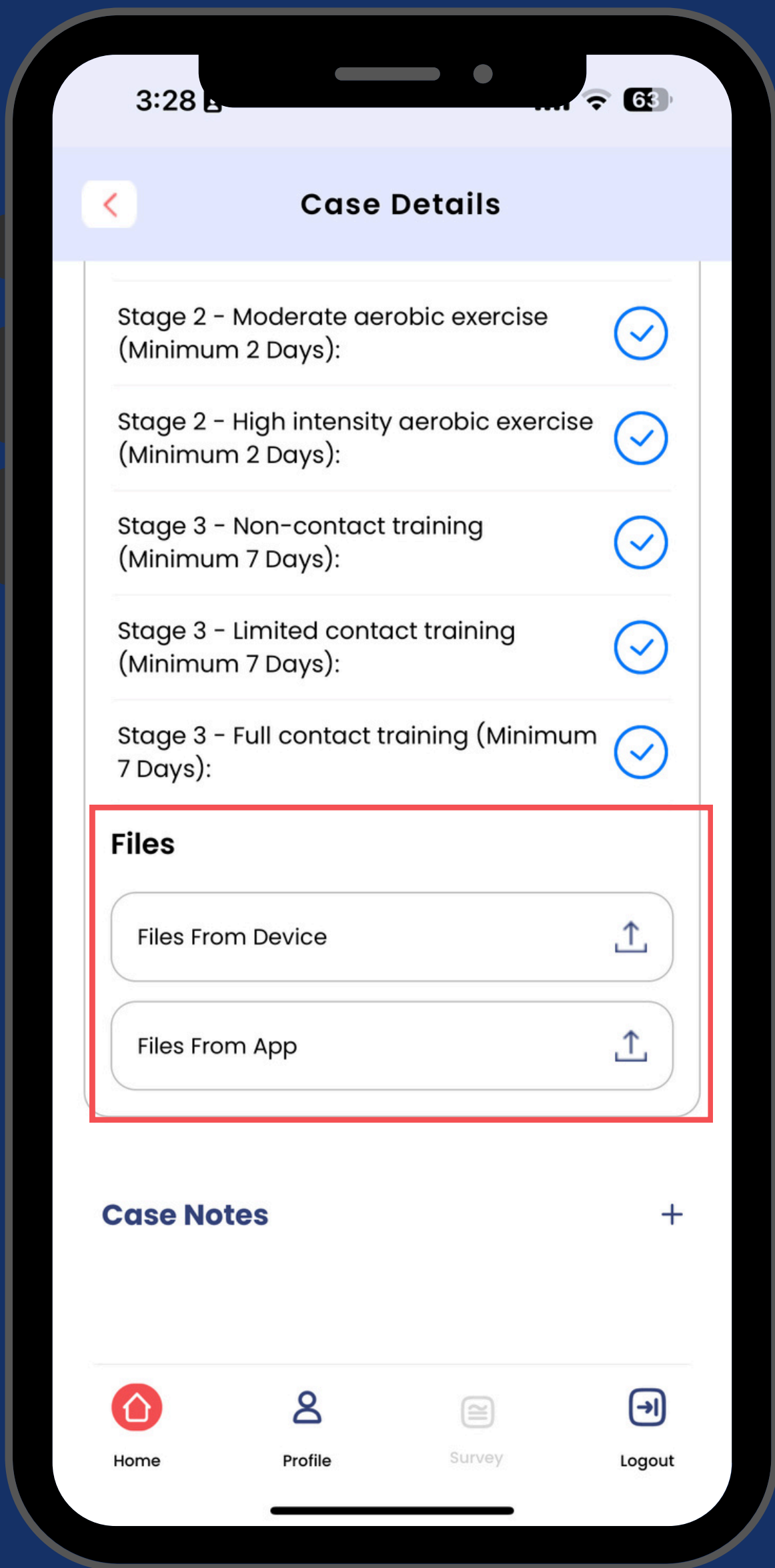


What happens when players complete the “Graded Return to Play” protocol?

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.**



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	2025-03-25	View More . . .

