This content is also available in French. The *Charter of the French language*, its regulations and the **ministerial directive** govern the **consultation of English-language content**.

Explanatory note

RELATED TO THE CONCUSSION MANAGEMENT PROTOCOL

PRODUCED BY THE MINISTÈRE DE L'ÉDUCATION DU QUÉBEC (MEQ)

With regard to the **joint notice of the Collège des médecins du Québec (CMQ) and the Corporation des thérapeutes du sport du Québec (CTSQ) of January 9, 2025**

This joint notice[1] expands the role of athletic therapists in the management of concussions and mild traumatic brain injuries by allowing them to authorize a return to activities with a risk of contact, collisions or falls (Steps 5 and 6 of the **Concussion Management Protocol** and the **tracking sheet**).[2] However, in order for athletic therapists to put this into practice, certain conditions must be met.

Therefore, in order for athletic therapists to authorize a gradual return to sports activities, they must:

- be members of the Corporation des thérapeutes du sport du Québec (CTSQ)
- only work with a person who has obtained a diagnosis of concussion or mild traumatic brain injury from a doctor or specialized nurse
- have a profile of practice that regularly exposes them to the management of concussions
- ensure that their knowledge and skills in this area remain up to date through periodic continuing education activities

In this context, athletic therapists can therefore authorize a return to sports activities once clinical recovery has been observed, without any persistent symptoms of concussion or mild traumatic brain injury.[3]

While the ideal situation is that athletic therapists practise this activity with athletes with whom they work on a long-term basis, they could also be called upon to assist athletes on a one-off basis when necessary.

1. Collège des médecins du Québec, *Autorisation, par les thérapeutes du sport, de la reprise d'activités sportives après un diagnostic de trauma craniocérébral léger ou de commotion cérébrale* (2025), **https://cms.cmq.org/files/documents/Avis-et-prises-de-position/avis-TCCL-CC-20250108.pdf** (in French only).
2. "Tools for use by educational institutions and in the context of recreational and sports activities," Ministère de l'Éducation, 2025, **Quebec.ca/concussion**.
3. A persistent symptom is defined as a symptom lasting more than four weeks.

For cases of concussion or mild traumatic brain injury with persistent symptoms:

- A multidisciplinary, individualized approach, involving a professional authorized to make decisions regarding the return to activities involving a risk, is recommended.
- If new symptoms should become apparent during the return to activities, a consultation with the professional who initially assessed the athlete should be carried out as soon as possible.

It is also important to obtain a medical assessment in the following situations:

- if warning signs appear at any time following the injury
- when symptoms worsen to the extent they are deemed abnormal in the hours or days following the medical diagnosis
- when there is a pre-existing condition that affects the central nervous system or that could interfere with the neurological evaluation
- when a concussion occurred in the previous year
- when there is a history of two or more previous concussions

This involvement must be documented using relevant tools:

- **Evolution:**
  - Recognized protocols for a progressive return to activities, including the use of the Tracking Sheet associated with the Concussion Management Protocol produced by the Ministère de l'Éducation, must be followed in order to document progress throughout the stages of the protocol.
  - Furthermore, the use of a symptom scale (such as the SCOAT[4]) is recognized as the best way to monitor recovery from symptoms.
- **In the event of authorization for a full return to sports activities:**
  - Athletic therapists must document all the criteria that were relevant to the decision to return to sports activities.
  - For this purpose, it is recommended to use the tool developed by the Association québécoise des médecins du sport et de l'exercice (AQMSE) to support and document decisions to authorize returns to activities presenting a risk.[5]

This note does not make any other changes to the **Concussion Management Protocol** and the **tracking sheet**.

4, 5. Association québécoise des médecins du sport et de l'exercice, *Sport Concussion Office Assessment Tool* (SCOAT6, English version), 2025, https://aqmse.org/outils-pratiques/coffre-a-outils-commotions-cerebrales/.

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