



Matthew J. Morahan, III
Health Assessment Center for Athletes
at Barnabas Health

Dear Parent,

According to the Center for Disease Control and Prevention, **it is estimated that 300,000 concussions occur in the United States each year.** A concussion can be caused by a blow to the head, neck, jaw or face. A hit to the head does not have to occur to cause a concussion. Any hard impact that causes the brain to move in the skull can result in a concussion. If your child has any concussion like symptoms (see attached handout for symptoms) or there is any suspicion of concussion, “that child must be removed from a game or practice and cleared by a physician trained in the evaluation and management of concussions (New Jersey State Mandate). “

To help your child safely return to the field, The Matthew J. Morahan III Health Assessment Center for Athletes at Barnabas Health has teamed up with Fairfield Recreation. If your child is 10 or older, they have already obtained a baseline ImPACT test in their pre-season. This test can be used for further evaluation after sustaining an injury. To ensure your child is properly recovering, it is important to take necessary precautions and next steps for safe return to play.

Take steps towards recovery:

Step 1- Get medically Evaluated; See your pediatrician or go to the local emergency room.

Step 2- Get a prescription confirming the diagnosis of concussion (850.9) and call your local concussion center.
Barnabas Health can schedule you an expedited appointment at 973-322-7913.

Step 3- Get medically managed by your team of experts. Complete repeat ImPACT testing to track your child’s recovery and regularly see your managing physician to ensure your child continues to improve.

Step 4- Barnabas Health can co-manage with your physician to provide the gold standard of care in your child’s recovery. Once your child significantly improves on their impact test scores and/or is symptom free for a minimum of 7 days, obtain a physician clearance for gradual return to play from your doctor.

Step 5- A physician clearance for gradual return to sports provides the next step to begin the nationally accredited Return to Play Protocol (RTP). RTP should be done in a non -contact setting over several days of gradual progressive activity. It should be supervised by someone trained in administering the protocol. Barnabas Health offers this program for your convenience.

The above programs are billable through your insurance provider. Please contact the Center directly by dialing 973-322-7913 to schedule an appointment or to answer any questions you may have.

Sincerely,

Diana Toto, M.S.

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