

Referral for further care via Return2Play

You or a member of your family has been referred for further input following a concussion. This following information will help you understand what happens next, what options are available, and how the process works.

Why have I been referred?

The clinician who has assessed you has identified an issue that might warrant more specialist input. This might be that your symptoms are severe, or that they are persisting for longer than we'd usually expect. It may also be that you have sustained a number of concussions in the past and would like to discuss this further, or that this is your second concussion in a short space of time.

Ongoing rest following a concussion is now rarely advised and can in fact delay recovery. Research suggests that early input in the form of specialist assessment or concussion rehabilitation greatly improves recovery, and our team of senior doctors and specialist physiotherapists are hugely experienced in guiding this process.

Do I need to worry?

Referrals are common and we purposefully have a low threshold for referral. Between 10-15% of cases are referred for further input and the vast majority of these see rapid improvements once an individualised treatment plan has been put in place.

What will happen next?

Your case will be reviewed by one of the senior Return2Play doctors and you or your parents will be contacted by email directly within 1-2 working days with details of the doctor's recommendation.

What are the likely recommendations?

1. Further review with a senior doctor

If the reason for your severe or ongoing symptoms isn't clear, or you have more complex medical complications, you may be offered a further appointment with one of our senior doctors to explore this in more detail.

2. Referral for specialist physiotherapy

It may be that you require more intensive concussion rehabilitation with our specialist physios. This is particularly valuable if it's felt there are our factors contributing to symptoms, such as neck problems or issues with your balance and visual systems which are very common after a head injury

3. Continue with plan detailed by original clinicians

It may be that the senior doctor feels that what has already been advised best route to get you better as quickly as possible. In such cases we will confirm this via email.

What if I don't hear from anyone?

If you haven't heard anything within 2 working days, please email support@return2play.org.uk and one of our team will look into this as soon as possible.

If you have any further questions, please email us at support@return2play.org.uk