



# ICE HOCKEY SUMMIT III: ACTION ON CONCUSSION

## Prioritized Action Items

1

### Epidemiology, Etiology & Risk of Concussion

- Create a national injury reporting system and concussion database for youth hockey
- Analyze the mechanism of injury and contributing factors for concussion
- Study the value of equipment modifications (helmets, mouth guards)

2

### Prevention of Concussion

- Eliminate body checking in games at the Bantam level
- Expand Fair Play to all levels of youth hockey
- Implement a game ejection penalty for fighting in Junior and professional hockey

3

### Subjective & Objective Diagnostic Tests & Future

- Establish objective diagnostic tests that evolve to point of care
- Mandate standardized, baseline testing at all levels
- Educate players, coaches and parents on high risk situations and course of illness for concussion

4

### Treatment Method to Enhance Recovery Now & Future

- Promote early sub-symptom threshold aerobic activity after concussion
- Focus research efforts on pharmacological management of concussion and its sequelae
- Incorporate neck strengthening and dynamic stabilization into hockey training and concussion treatment

5

### Integrating Science & Concussion Care into Policy

- Create nationwide initiatives to share data and inform policy changes
- Require athletes/parents to sign a consent form acknowledging the provided concussion educational materials and the standardized concussion protocol
- Collaborate to standardize individual state concussion statutes into a unified approach

Mayo Clinic Sports Medicine Ice Hockey Summit III: Action on Concussion 2017 was hosted on September 28th & 29th, 2017 in Rochester, MN. Supporting organizations were USA Hockey Foundation, American College of Sports Medicine, the International Ice Hockey Federation, the Hockey Equipment Certification Council, Thorne Research, the Johansson-Gund Endowment and the Martineau Gift.

Objectives of the Summit were to:

- Describe the Epidemiology of concussions in hockey
- Classify concussion prevention strategies
- Define the most reliable concussion tests
- Identify novel treatment methods to enhance concussion recovery
- Integrate promising science and clinical care into action plans and policy.

Presenters included physicians, researchers, athletic trainers, physical therapists, retired professional hockey players, sports scientists, and engineers. The course content was arranged by the above objectives. At the conclusion of Ice Hockey Summit III, a list of action items was generated for each of the objectives based on information presented. Subsequently, all 160+ attendees voted and generated the top three most highly prioritized action items for each objective. By working together we can accomplish the evidence based recommended actions depicted in the figure below. As a result, hockey and all contact sports will benefit, players will be safer: will learn more skills and have more fun!

Please continue the conversation on Twitter using [#MayoConcussionSummit](#)

**Because of your efforts, our success will be a fun and safer game!**