

Concussion symptoms?



At Romeo, you're
in great hands.



Kayla Bidus, Athletic Trainer

- 10+ years of experience
- Board-Certified Athletic Trainer
- B.S. in Athletic Training

Here's our **straight-forward recovery process**

Step 1

Rest and watch out for red flags

- Avoid any physical or cognitive activity that triggers symptoms
- Let your child sleep as usual and don't isolate them in a dark room
- Monitor for red flags 24-48 hours post-injury and go to the hospital if one appears
 - Convulsions or seizures, incl. twitch/jerking
 - Not able to recognize people or places
 - Repeated nausea or vomiting
 - Unusual behavior e.g. agitation
 - Double vision or one pupil larger than other
 - Headache getting worse and worse
 - Loss of consciousness with drowsiness
 - Blood or fluid coming from nose or ear
 - Slurred speech, weakness, numbness, or decreased coordination



Review CDC
guidelines



Step 2

Schedule your appointment with a concussion specialist from Headquarters

- 45min virtual visit without needing to take time off work or drive there
- Cost is fully covered, regardless of your insurer (by MHSAA HeadStrong Insurance)
- Specialists help identify your subtype and build out your personalized rehab plan

🔍 How is Headquarters better than seeing my pediatrician or visiting urgent care?

Headquarters is an elite concussion clinic backed by top researchers and former NFL athletes. Their clinicians are hyper-specialized in concussion care, giving you the most up-to-date treatment and the fastest recovery possible. In 2022, the field shifted to an active approach that reduces long-term symptoms by 48% and speeds up recovery by 25%—but most general doctors still follow outdated, often detrimental guidance of "staying in a dark room" with zero rehabilitation.



Schedule next-day
appointment with
the specialist team



Step 3

Follow your athletic trainer's guidance

- Text reminders from Headquarters platform on what you should do every day
- Maximize speed of recovery and return to sport by completing your daily ToDos
- Parents have full visibility into the recovery and the full return to sports & school



Safe Return to Play process (law-mandated)

1. Symptom-limited activity
2. Aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills
5. Full contact practice
6. Return to sport



Complete daily
ToDos and
monitor progress