

[you!](#)

[Start your own Group here.](#)

**My Challenge updates**

Make a game of it. [Participate in some of our Challenges.](#)

[Create your own Challenge here.](#)

**My Blog updates**

Read what other bloggers are talking about. [Check out Blogs.](#)

 WeightWatchers' Contributor

**Sports Stack**

[Edit]

**NFL Must Revise Concussion Policy**

[Edit.](#) [Remove](#)

Written by [kylestack](#) on 12/20/2010 6:09 PM

When Indianapolis Colts wide receiver Austin Collie was lying face-down on the playing field at Lucas Oil Stadium this past Sunday, it looked like the hit that put him in that position would knock him out of the game. While that was precisely the case, Collie, who suffered a concussion on the play, was permitted to return to the Colts' sideline after receiving a medical checkup. That's a glaring example of why the NFL must update its return-to-play policy.



The policy, which was enacted in December 2009, gives specific guidelines for how a concussed player can return to a game or a practice. The league does a good job outlining those criteria, which requires players to be asymptomatic before playing again. Yet there is nothing in the policy which states whether a player should be restricted from returning to the sideline after a concussion. There should be, given that neurologists commonly recommend that a concussed person avoid loud noises and bright lights in the days following the injury. Each element can exacerbate a concussion's symptoms.

After his head collided with a defender's knee during a diving attempt to catch a pass, Collie team trainers led the concussed receiver to the locker room. Minutes later, CBS cameras showed Collie sitting on the team bench in his warmups. I was startled that Colts trainers would let him back into an environment which could affect his short-term recovery. And it's not as if this was Collie's first concussion.

He had been using a dark visor in his helmet earlier in the game to reduce the glare of stadium lights. That was a measure taken as he returned after missing five of the previous seven games because of symptoms related to prior concussions. It seemed safer for Collie to remain in a calmer environment such as a training room or locker room. The Colts training staff should have removed all possibilities of Collie potentially worsening his injury. The team isn't the only one at fault.

The NFL must revise its return-to-play policy so that all players who suffer a concussion are prohibited from returning to the sideline. I contacted the league on Sunday to question whether

there was a rule addressing that situation. All they did was direct me to the current policy. Yet it's evident that policy should be bolstered to ensure better protection for NFL players. That way, players in Collie's condition can gain some assurance their recovery will be successful.

Categories: [Fitness](#), [Health](#), [Sports](#)

[Report this post](#)

Share: 

Leave a comment:

Submit

[see all](#)

[Learn our Ground Rules](#)

ADVERTISEMENT

**Search Blogs**

- Search this Blog
- Search all Blogs

**About Sports Stack**



This is a forum for me to cover health topics in sports related to injuries, fitness, weight loss, exercise and more. I'll deliver my opinion on health issues in collegiate and professional sports, and I hope you enjoy it.

**Blogger:** [kylestack](#)  
**Created:** 7/13/2010  
**Followers:** 17  
**Posts:** 39

[See my full Profile](#)  
[Read my Blog](#)

You are the owner

ADVERTISEMENT