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# Stack on Sports

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## Big Baby gets poor treatment

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Written by [contentmen](#) on 06/04/2010 9:08:16 AM

Just when I thought professional sports leagues appreciated the value of concussion prevention and treatment, there was yet another example of a lackadaisical attitude toward the injury.

You might recall Boston Celtics forward Glen "Big Baby" Davis stumbling around the basketball court after getting elbowed in the head by Orlando Magic center Dwight Howard during Game 5 of the NBA's Eastern Conference Finals. Sports highlight shows that night played the image over and over of Davis practically falling into the arms of referee Joey Crawford as he tried to run up the court.

Davis was held out the rest of the game, which is Step 1 for treating a concussion -- don't let the concussed player return to any immediate physical activity. Yet he inexplicably returned for Game 6 only two days later.

Davis admitted he was punch-drunk after getting elbowed in Game 5. Yet Celtics head coach Doc Rivers stated the day after Davis suffered his concussion that the burly forward was "fine." Celtics doctors apparently concurred by clearing him to play in Game 6. The way the Celtics handled this situation was maddening to me.

If there is only one thing to take away from all the knowledge that's poured in the last couple years about concussion severity, it's that the symptoms take on a wider scope than previously believed. Even if someone appears "fine" a day or two after the concussion, that doesn't mean that person should go right back into action.

A gradual return to physical activity is what's most prudent. That's what was advised by a team of neurologists in a May 2009 article for the British Journal of Sports Medicine. In it, they prescribed a six-step process in which a concussed person takes at least six days to go from no activity to a return to play. Each day, the person must meet a certain number of guidelines to perform an activity. Then that person waits 24 hours to see if the symptoms persist. If they do, they wait. If not, they move on to the next step until they complete all six.

In the case of Davis, the Celtics sped up that timeline for their own benefit. They wanted to assure they'd have Davis to help them win Game 6 and clinch a trip to the NBA Finals. But all Davis was assured of is having a distorted vision of how he should be treated the next time he suffers a concussion.

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