



**CONCUSSION CENTER**  
UNIVERSITY OF MICHIGAN

# Concussion Chronicle

News and Updates

April 2024



## Toyota supports groundbreaking TBI care initiatives at the University of Michigan

Members of the [University of Michigan Concussion Center](#) have taken a major step forward in supporting individuals impacted by traumatic brain injuries (TBI) by securing grant support from the [Toyota Motor North America's Way Forward Fund](#) in collaboration with other institutions across the country. The grant is part of Toyota's ongoing commitment to improving access to care and resources for children recovering from TBI.

[Read full story](#)



## Advancements in Concussion Management: Insights from Dr. Steven Broglio and NATA's Latest Recommendations

The landscape of concussion management has evolved significantly in recent years, with groundbreaking research reshaping how we identify, treat, and prevent mild traumatic brain injuries (mTBI). Dr. Steven Broglio, director of the [U-M Concussion Center](#) and a professor at the U-M School of Kinesiology, sheds light on some of the most critical updates.

[Read the story](#)

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**Return-to-Learn Protocol**

**Phase 01**

**Aim**  
Light cognitive activities that do not increase symptoms.

**Goal**  
Gradually decrease the need for academic supports while fully returning to coursework.

**Progression suggestions**

- Notify your instructor(s) of potential absences as you may need intermittent cognitive and physical rest for up to 72 hours.
- Seek additional medical care if you cannot tolerate short periods of light cognitive activities (reading, writing, etc.) or if symptoms worsen (e.g., increasing headache, repetitive vomiting, slurred speech, loss of consciousness).
- Gradually return to in-person social interactions (e.g., meeting with friends, talking on the phone, visiting face to face, cooking, going to the cafeteria).
- Check in with multidisciplinary team (academic counselor, physician, instructor, or any other student-advocate) to develop academic adjustments/accommodations specific to your coursework.

**Phase 02**

**Aim**  
Reintroduction of course-related activities and part-time return to learning environment(s).

**Goal**  
Increase cognitive tolerance of course-related work at home.

**Progression suggestions**

- Give yourself additional time to complete out-of-class assignments and/or other coursework.
- Slowly reintegrate technology when completing coursework (e.g., turning down screen brightness, using blue light filters, and/or consider taking breaks when using computers/cell phones/tablets).
- Discuss with your instructor(s) about adjusting quizzes/tests/assignments either by excusing certain coursework or delaying due dates or offering alternative options for quizzes/tests/assignments.
- Check in with multidisciplinary team (academic counselor, physician, instructor, or any other student-advocate) to review and/or revise your academic adjustments/accommodations.
- If symptoms worsen (e.g., increased headaches, sensitivity to noise or light, etc.), return to Phase 1 or collaborate with your instructor(s) on how to further modify the activities outlined in Phase 2 to tolerate your symptoms.

Learn more by visiting: [concussion.umich.edu](http://concussion.umich.edu)

## Collaborative return-to-classroom protocol for concussed college students

"This partnership has made it possible to bring the latest evidence-based, return-to-learn guidelines from research performed by Drs. Memmini and Broglio to the providers at UHS. By incorporating these guidelines into the concussion management performed by UHS providers, U-M students who have suffered a concussion have access to a higher level of care to help facilitate a full recovery and minimize the impact the injury has on their academic performance," said Dr. David Millward, athletic medical director and head team physician.

[Read the story](#)



## Pop-up Safety Town expands through the new AAP CATCH-ON, U-M Concussion Center, and AAA Auto Club Foundation partnership

The University of Michigan Concussion Center continues to support Pop-up Safety Town, an initiative led by Dr. Andrew Hashikawa, pioneering a new chapter in injury prevention and helmet safety education by expanding Pop-up Safety Town into Florida and Georgia's underserved neighborhoods. Leveraging a new partnership with the American Academy of Pediatrics (AAP) CATCH-ON program and the AAA Auto Club Foundation, this initiative can now bring a dynamic, hands-on learning experience to preschool children and families in other states.

The Pop-up Safety Town team also continues to recruit volunteers for upcoming events around the state for 2024 and those interested in participating can visit the site [here](#).

[Full story here](#)

Center Happenings





## National Brain Injury Awareness and National Athletic Training Month is a wrap!

For the month of March, we covered different parts of campus with posters, banners, and digital signage in a show of support to spread awareness for two significant causes, National Brain Injury Awareness Month, and National Athletic Training Month.

The center also featured stories and videos of individuals who are making a difference in these spaces and posted them across the center's website and on social media during the month-long campaign. As we wrap up the initiative for this year, we want to make sure that the information continues to find new audiences that will help spread these important messages, so we invite you to look back at this year's campaign and share it with others who can help spread the word.

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### From injury prevention and care to the National Athletic Trainers' Association Hall of Fame: Meet Darryl Conway

"It started back in 8th grade when I attended a football camp at Bowie State University where I walked past an athletic training room and noticed someone wrapping an ankle at what seemed like warp speed". These were the words of a young Darryl Conway as he had just gotten a glimpse into his future.

[Read the story](#)

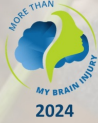


Championing awareness and support for brain

# Meet Nichole Shotwell



National Brain Injury Awareness Month



injury

Since 2015, Nichole Shotwell has been at the forefront of advocacy, education, and support for individuals affected by brain injuries in Michigan. With a passion for aiding those with disabilities, her journey to becoming President and CEO of the [Brain Injury Association of Michigan \(BIAMI\)](#) is unique.

A double graduate from the University of Michigan and a lover of music, Nichole walks us through her journey to helping others.

[Read the story](#)

## Championing athletic training: Meet John Ciecko III

For eight years, John Ciecko III has been an active member of the [Michigan Athletic Trainers' Society \(MATS\)](#), an organization dedicated to advancing athletic training knowledge throughout the state. For the past two years, he's held the position of president and has been working to spread awareness about the importance of having access to an athletic trainer, which includes a goal of one day making sure that every high school in the state of Michigan has access to a dedicated AT in their respective schools.



NATIONAL ATHLETIC TRAINING MONTH

From Head To Toe

MARCH 2024

# Meet John Ciecko III

[Read the story](#)

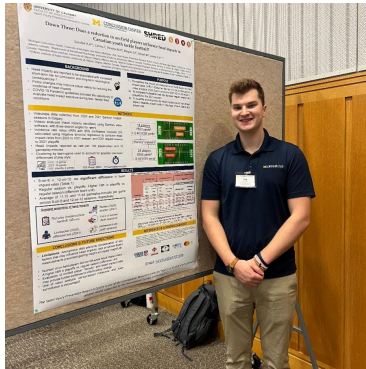
A large graphic for National Athletic Training Month March 2024. It features a blue background with a white caduceus symbol. The text "NATIONAL ATHLETIC TRAINING MONTH" is in large white and orange letters, with "From Head To Toe" below it. The graphic is divided into a grid of smaller sections, each featuring a portrait of an athletic trainer and their name. The trainers are: Claire Coates, Christina Fanning, Jason Williams, Phil Johnson, Paul Schmidt, Ardal Smith, and Pierre Nesbit. Each section includes a brief bio and the ConCUSSION CENTER logo.

[Watch all videos](#)



## U-M Concussion Center and BIAMI awarded grant for concussion research

In February, the U-M Concussion Center, in partnership with the Brain Injury Association of Michigan (BIAMI) were selected to receive a \$15,000 grant for our research titled, "Empowering Communities through Knowledge: Debunking Myths of Concussions in Michigan". The award is provided by the Michigan Institute for Clinical & Health Research (MICHR), which supports community health research in the state of Michigan.



## 3rd Annual Injury Prevention Center Research Symposium

Many center members presented posters at the 3rd annual Injury Prevention Center Research Symposium this past March on campus. The symposium opened with remarks from U-M Concussion Center executive committee member and Injury Prevention Center Director, Dr. Doug Wiebe, and included keynotes from the Center for Disease Control and Prevention, and Johns Hopkins Bloomberg School of Public Health.



## BrainsRule! 2024

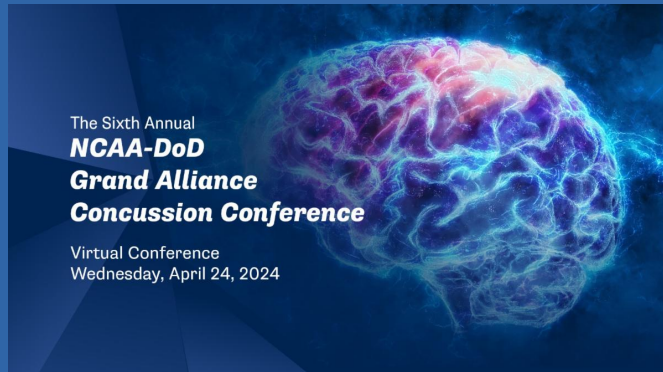
Center members were happy to participate in this year's BrainsRule! event, leading local 6th graders through hands-on activities to help them learn about the brain, helmet safety, and build a general interest in science. The day-long event brought over 200 students to campus and is entirely volunteer-run.

- **ABC News:** New concussion guidelines could get athletes back to exercise, school earlier
- **Michigan News:** What's new in concussion treatment and management, Q&A with Dr. Steven Broglio

## Upcoming Events

### 2024 NCAA-DoD Grand Alliance Concussion Conference

In partnership with the Big Ten Conference and the University of Michigan Concussion Center, the NCAA Sport Science Institute invites you to join us for the Sixth Annual NCAA-U.S. Department of Defense Grand Alliance Concussion Conference: A New Era of Scientific Collaboration that will occur virtually on Wednesday, April 24.



[Register Here](#)

[Conference Agenda](#)

## Speaker Series

Fluid biomarkers in neurological diseases

**Cheryl Wellington, PhD**  
Professor, Dept. of Pathology and  
Laboratory Medicine, UBC



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Save the date for our next U-M Concussion Center Speaker Series on Thursday, April 18 from 4 - 5 PM. This event will offer in-person and virtual attendance options.

[Add to Google](#)

[Add to Outlook](#)

## Concussion Headliners Podcast

Do you ever wonder how concussion researchers got interested in the field? Or, what motivates people to



promote brain health every day? Join us for some informal conversations with world-renowned concussion researchers, clinicians, and advocates to get to know them a little better.

**Tune in today!**

## Check out our recent episodes!

**Concussion Headliners**  
Behind the Scene with the Experts



**Nichole Shotwell**  
President and CEO of the  
Brain Injury Association of  
Michigan

We're talking with Nichole Shotwell, president and CEO of the Brain Injury Association of Michigan on this week's Concussion Headliner's Podcast. From her unexpected academic journey at the University of Michigan to her love for The Big Bang Theory and Barenaked Ladies, Nichole's story is musically interesting and diverse. Raised in Metro Detroit, she reflects on meeting her husband online and shares insights into running the Brain Injury Association of Michigan.

**Meet Nichole**

**Concussion Headliners**  
Behind the Scene with the Experts



**John Cieccko III**  
President, Michigan Athletic  
Trainer's Society

It's National Athletic Training Month and we caught up with John Cieccko III, MBA, ATC, President of the Michigan Athletic Trainers' Society (MATS) and Health and Well-being Specialist with Personify Health. John shares stories of his family history and provides some valuable tips for clinicians on working with patients effectively. A Jiu-Jitsu enthusiast and believer in self-care, John lives by the quote "Nobody cares, work harder".

**Meet John**

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