



A cultural perspective on sport-related concussion: recovery durations differ between French-speaking Canadian and European athletes

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The question in light of this conference



How to account for differences between settings, populations and cultural habits when implementing prevention ?

→ Measure these differences

Sport-related concussion : high heterogeneity in symptom duration and return to sport

→ We need to know the extent of this heterogeneity and whether any clear trend emerges

ReFORM concussion survey



Athletes' experience ?

ORIGINAL RESEARCH

Sport-Related Concussion Knowledge in French-Speaking Athletes, Coaches, and Health Care Professionals: Results From an International Survey on 2073 Participants

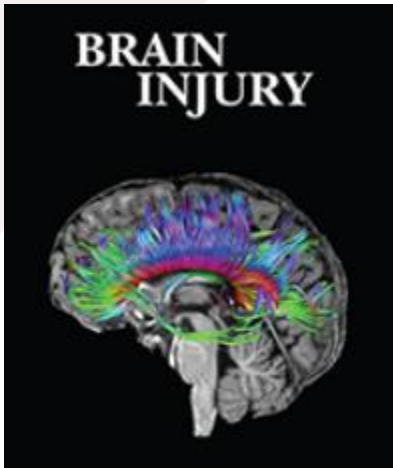
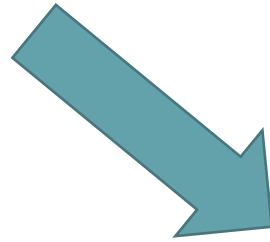
 Martens, Géraldine PhD^{*,†,‡,§,¶,||}; Thibaut, Aurore PhD^{||,*}; Urhausen, Axel MD, PhD^{††,‡‡,§§}; Tscholl, Philippe M. MD, PhD^{§§,¶¶}; Beudart, Charlotte PhD^{||}; Romeas, Thomas PhD^{*,***}; de Beaumont, Louis PhD^{†,‡}; Caron, Jeffrey G. PhD^{†††,‡‡‡}; Le Garrec, Sébastien MD, PhD^{§§,§§§}; Hannouche, Didier MD, PhD^{§§,¶¶}; Seil, Romain MD, PhD^{††,‡‡,§§}; Kaux, Jean-François MD, PhD^{§,¶,§§}; Leclerc, Suzanne MD, PhD^{*,§§}

<https://doi.org/10.1097/jsm.0000000000001388>

ReFORM concussion survey



Athletes'
experience



Research Article

Differences in symptom duration and return to sport following sport-related concussion between French-speaking Canadian and European athletes

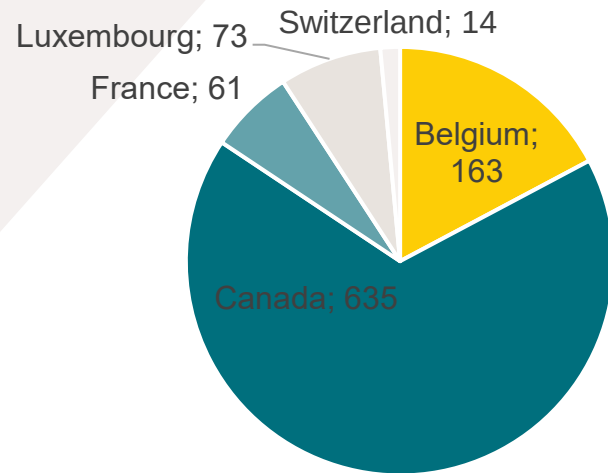
Géraldine Martens  , Aurore Thibaut, Louis de Beaumont, Charlotte Beaudart, Colin Bodet, Axel Urhausen, Philippe M. Tscholl, Thomas Romeas, Sébastien Le Garrec, Didier Hannouche, Romain Seil, Jean-François Kaux & Suzanne Leclerc ...show less

<https://doi.org/10.1080/02699052.2026.2617450>

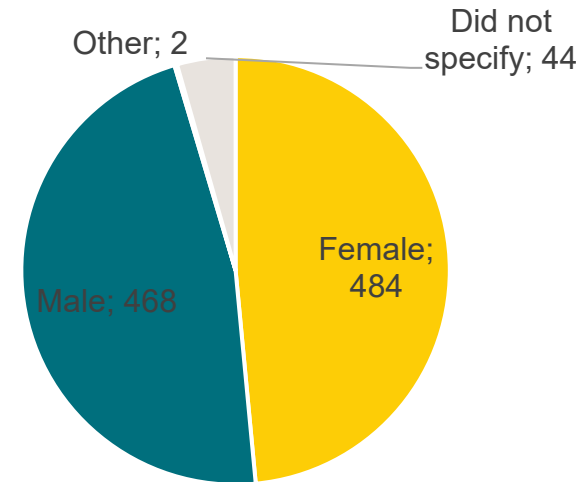
ReFORM concussion survey: athletes subsample (n=998)



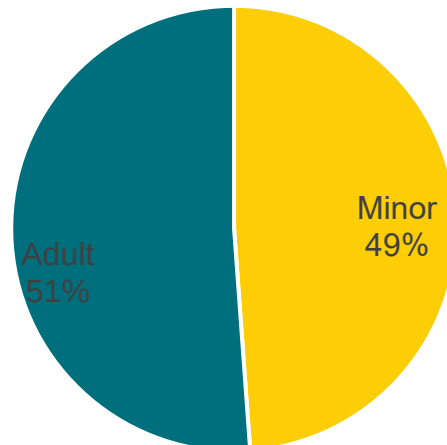
Country



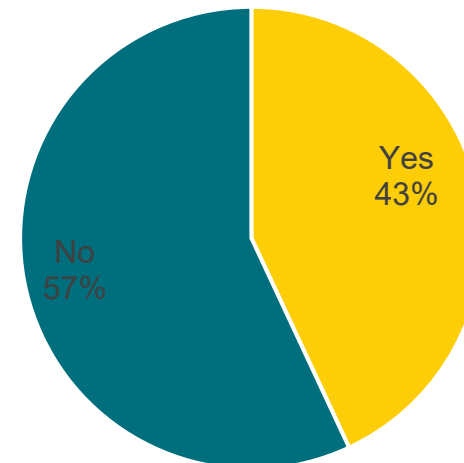
Gender



Age



Concussion history

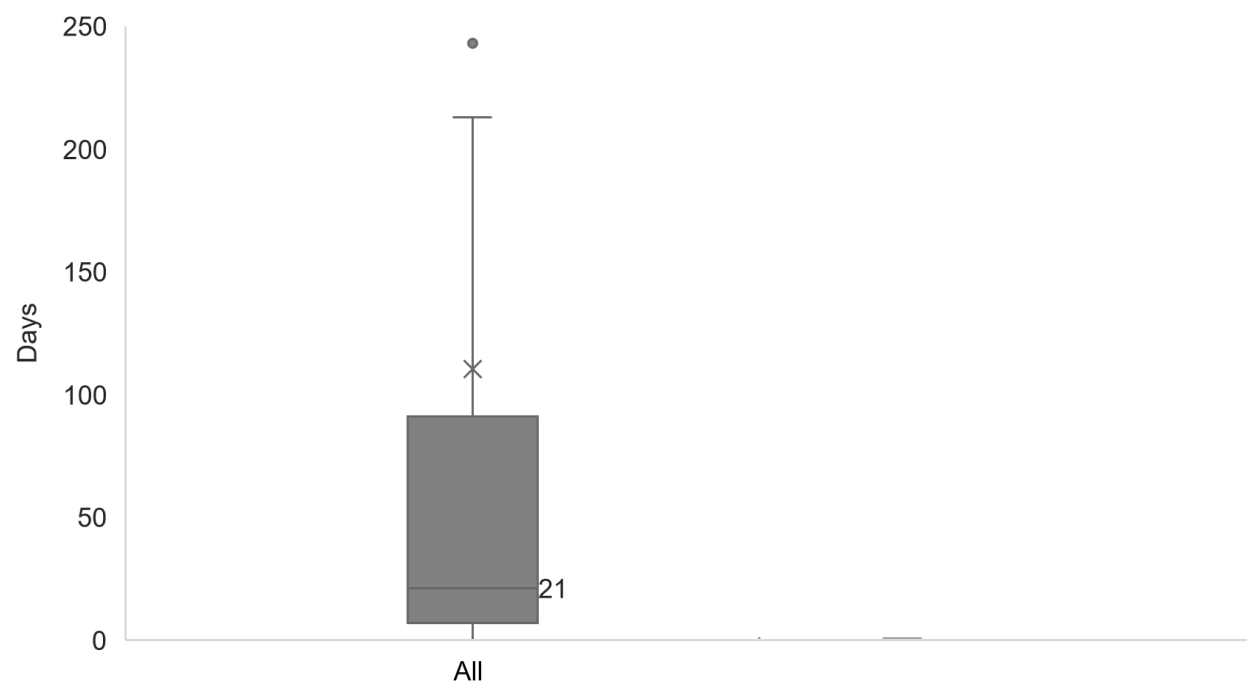


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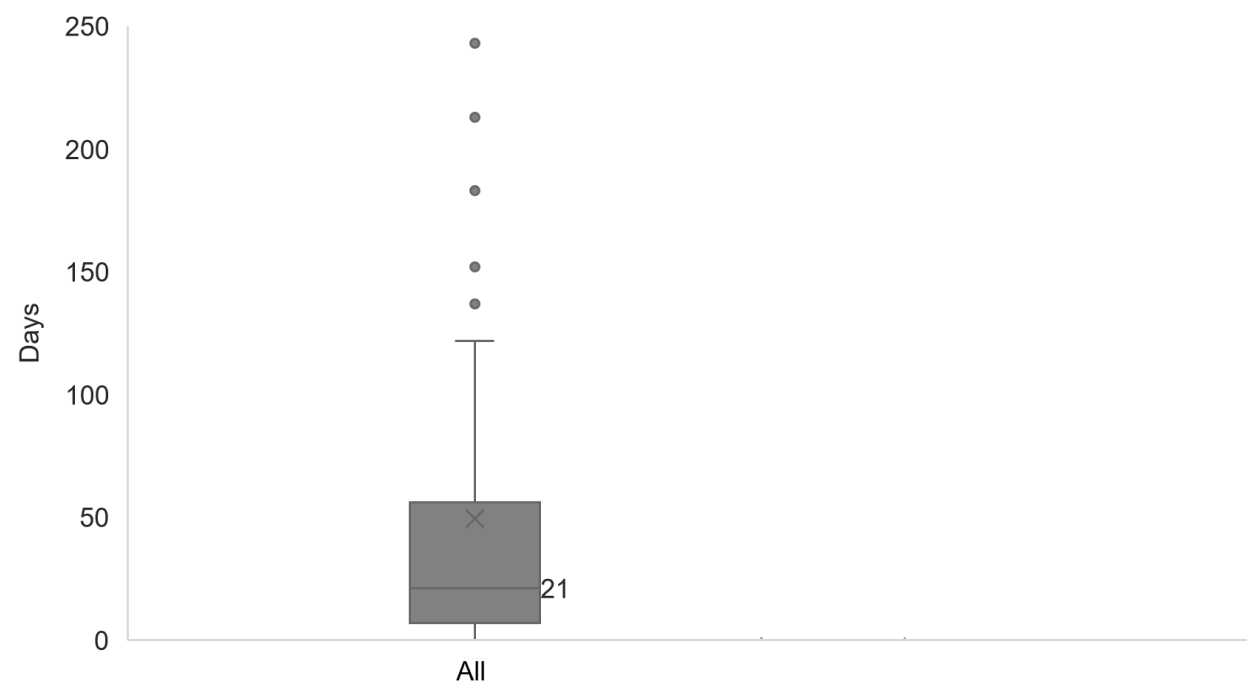
Return to sport vs. symptoms



Symptom duration



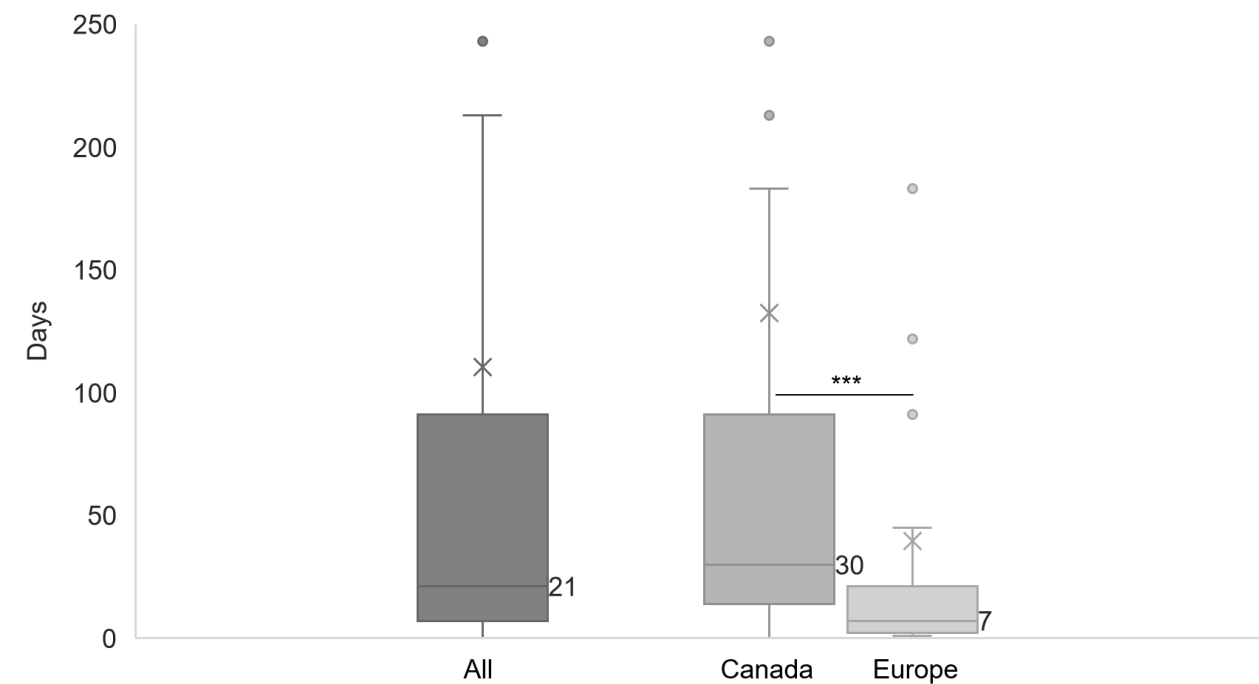
Return to sport



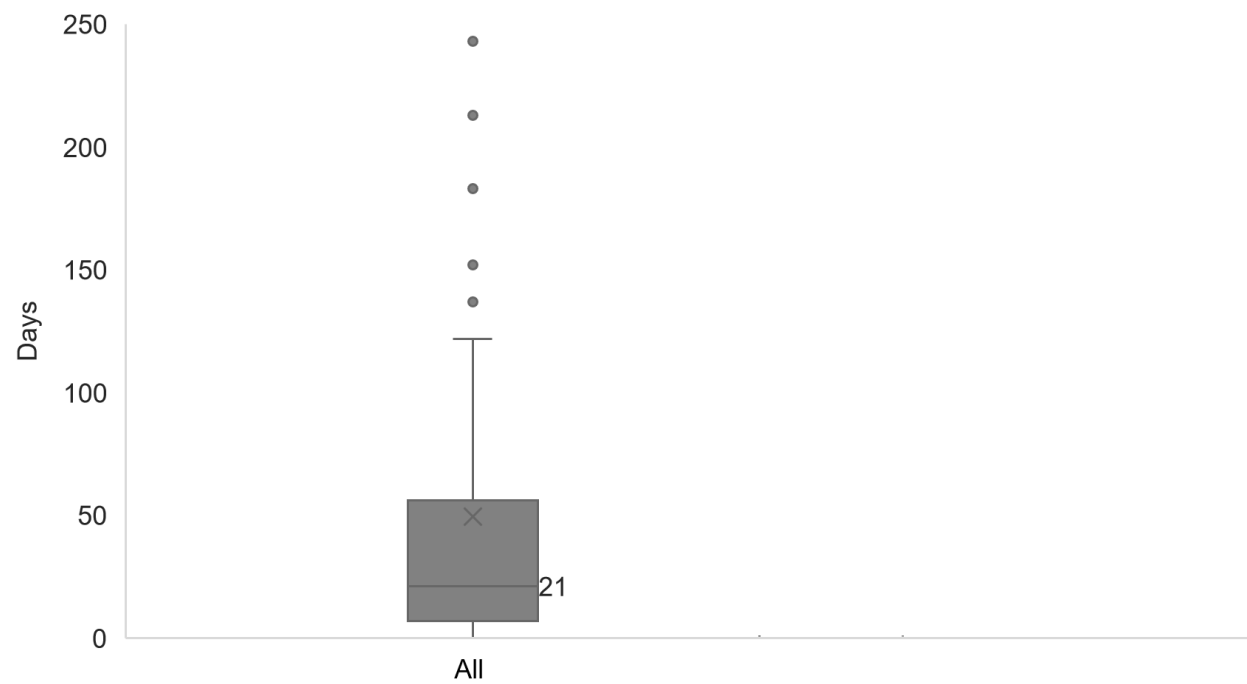
Return to sport vs. symptoms



Symptom duration



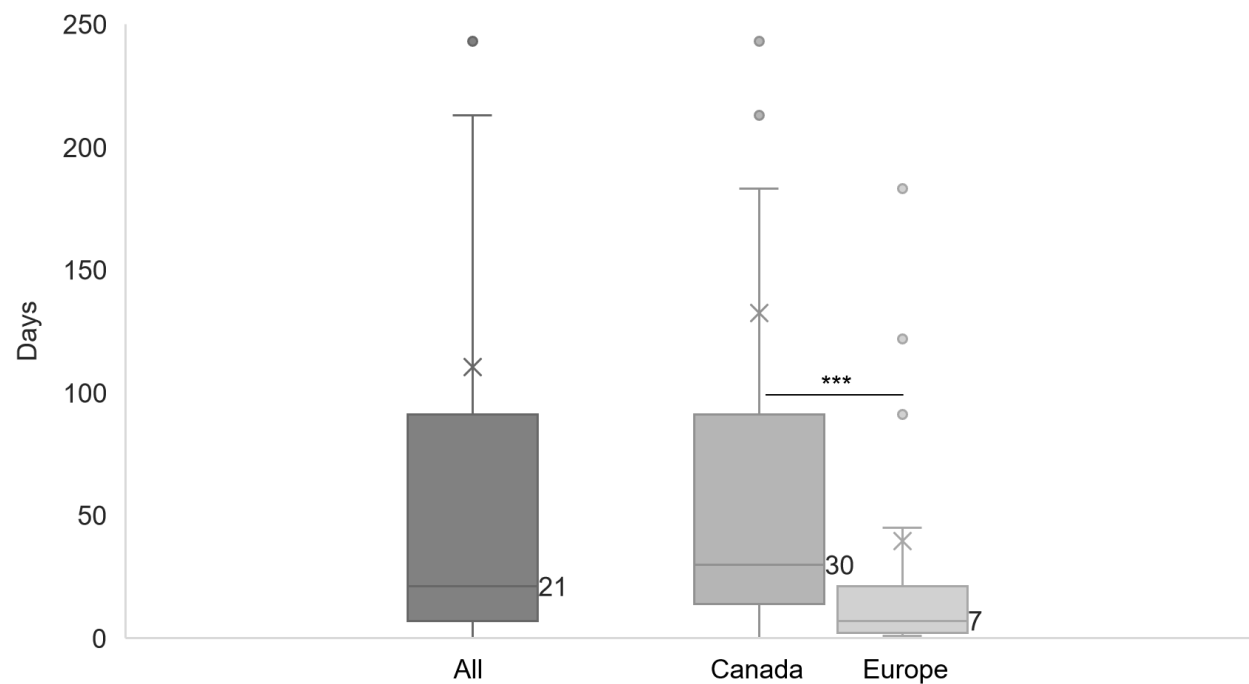
Return to sport



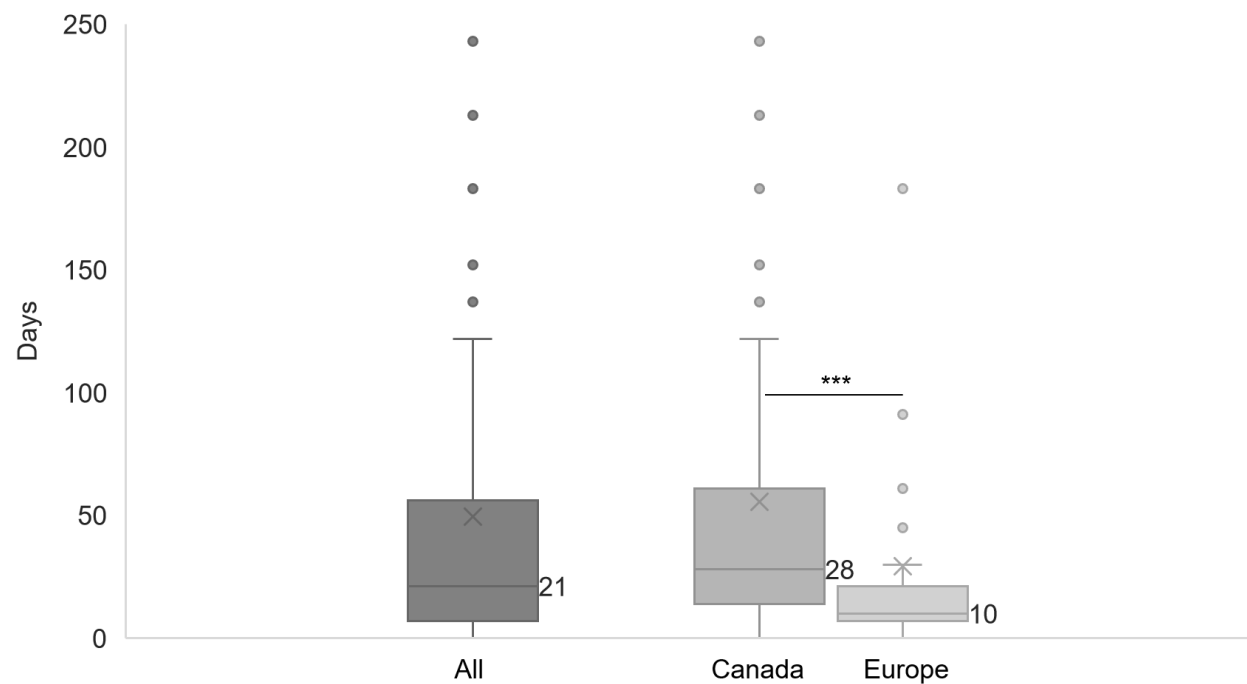
Return to sport vs. symptoms



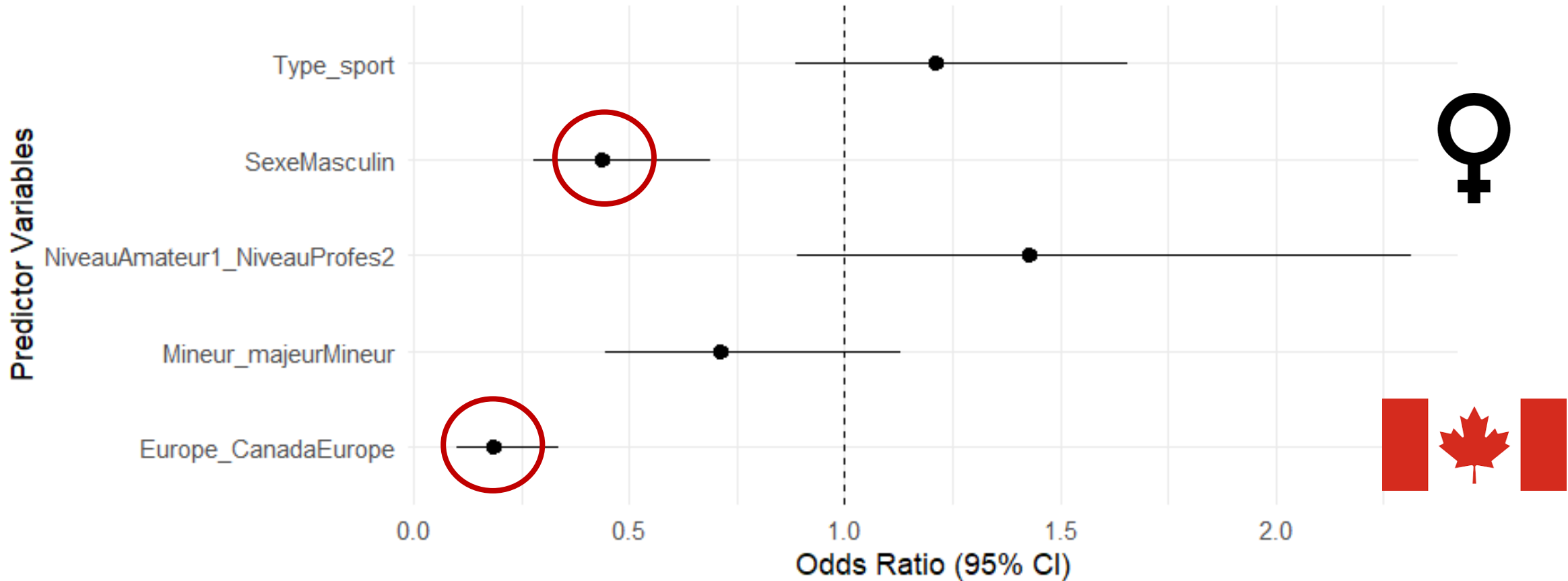
Symptom duration



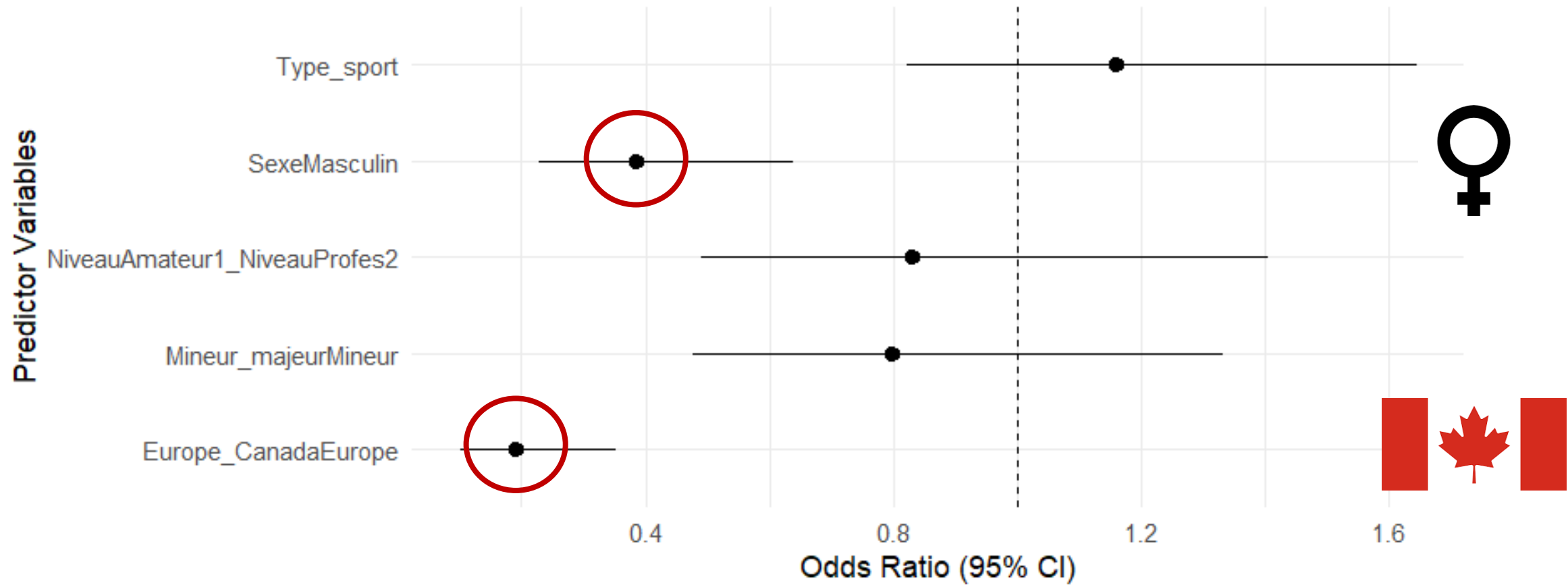
Return to sport



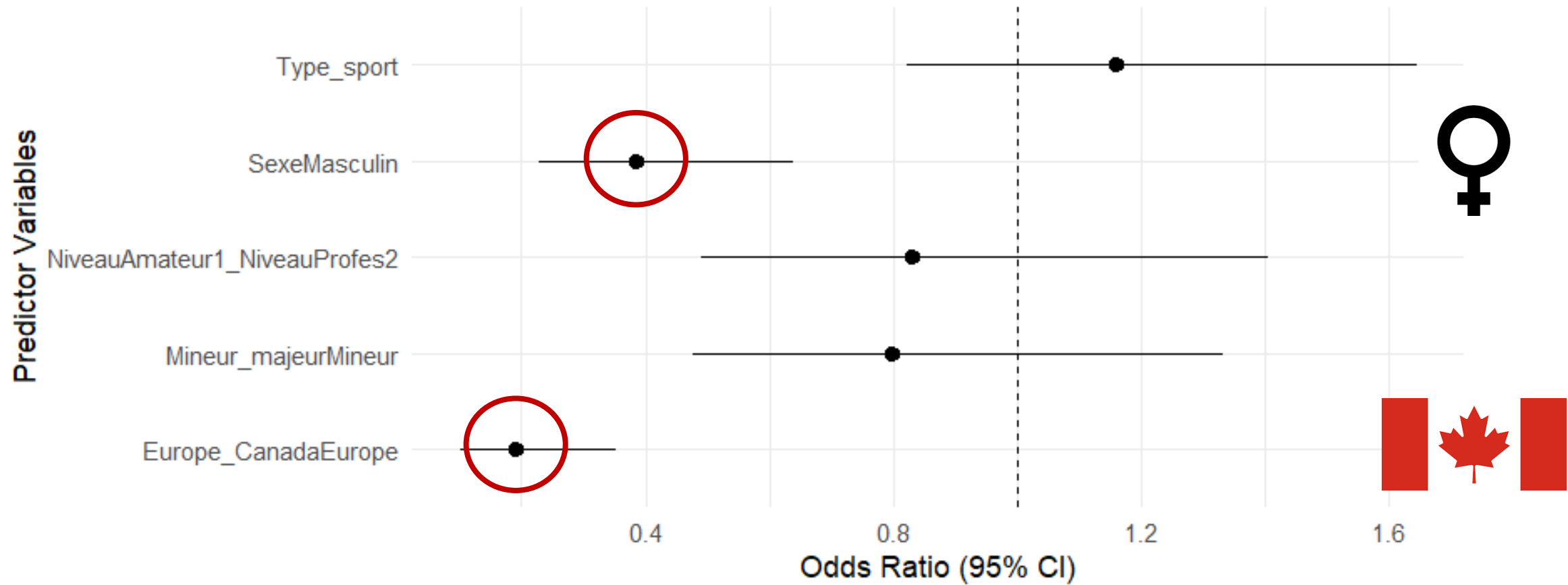
Multivariate analysis – symptom duration



Multivariate analysis – return to sport



Multivariate analysis – return to sport



Cultural context



Reporting behaviours

- Stronger and longer culture around concussion prevention and management in Canada
- Improved awareness → higher reporting

Access to care

- Delayed access to multidisciplinary care is associated with prolonged recovery

Implementation ?

- Adherence to return to sport protocols needs to be further explored

Conclusion



SRC recovery patterns differ among French-speaking Canadian and European athletes, which contrasts with the global nature of the international recommendations

→ It is time to individualize and **co-construct** concussion management protocols according to specific settings and with the stakeholders (athletes, coaches, parents, sports clubs and federations...)





Thank you for your attention!

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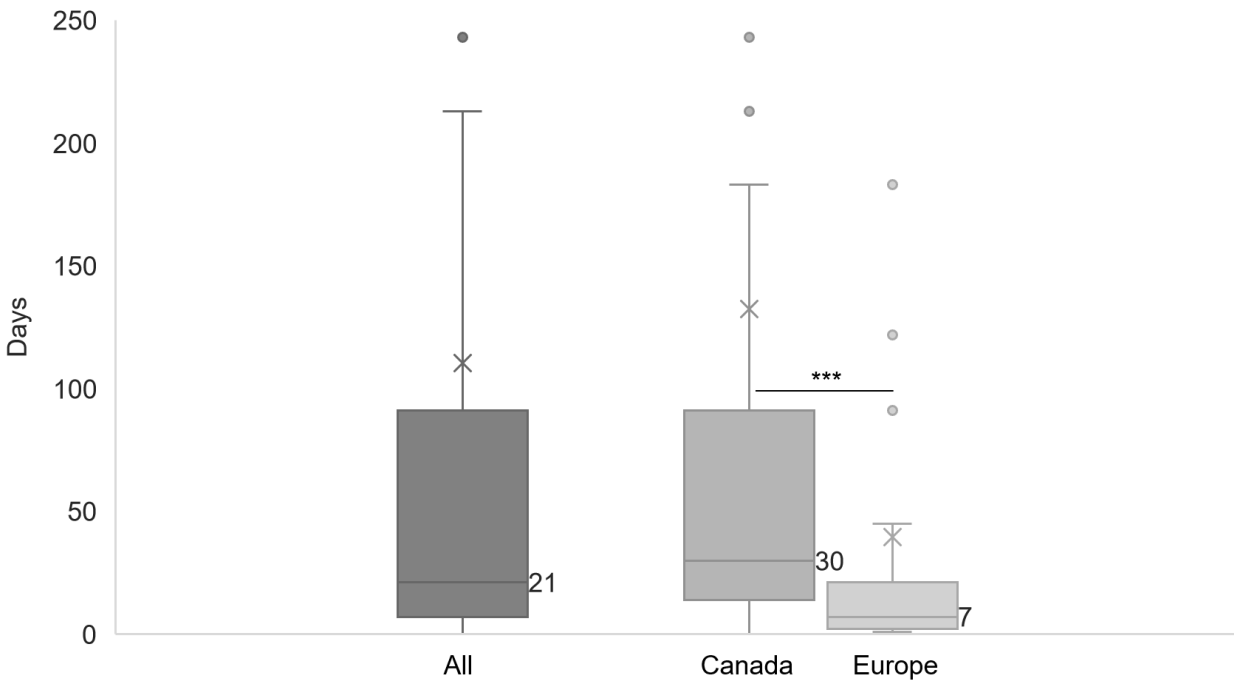
Return to sport vs. symptoms



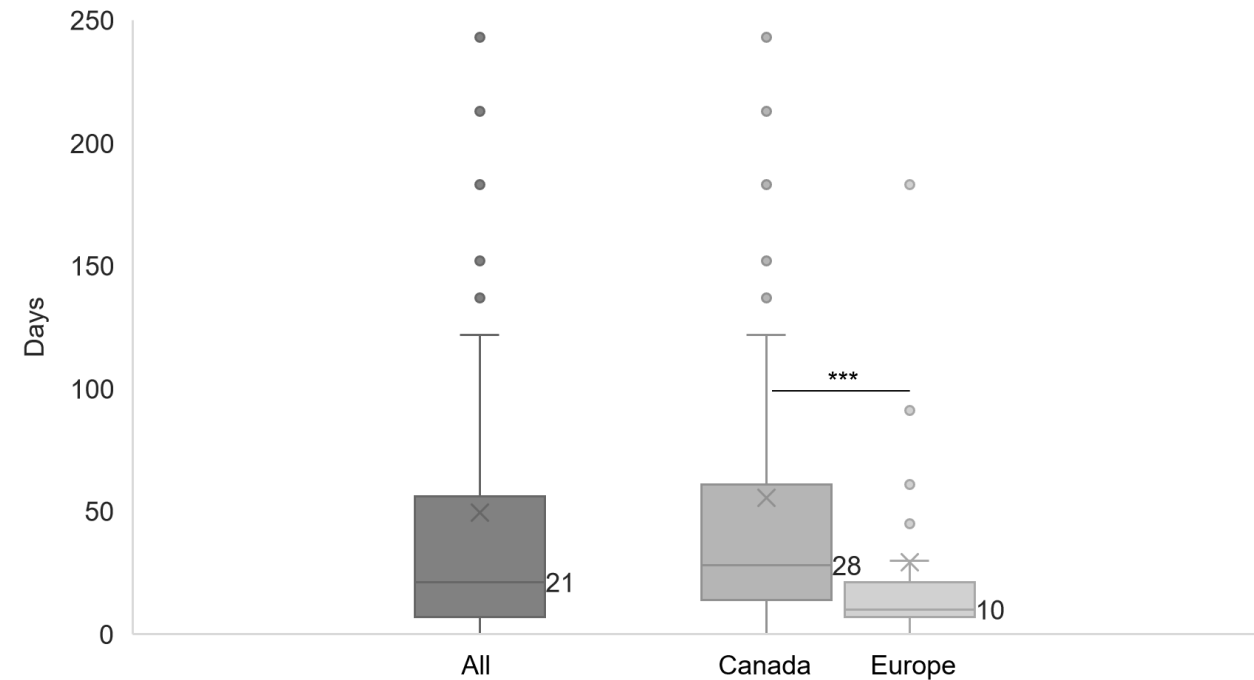
Symptom-free waiting period:

- Canada: -2 days
- Europe: 3 days

Symptom duration



Return to sport



Return to sport vs. symptoms



Symptom duration vs. symptom recognition?

