



# Recoups: Recovering Concussion Update on the Progression of Symptoms

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## Category

Software

Content

Life Sciences

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## OVERVIEW

Remote symptom reporting for athletes recovering from concussions

- Reduces risk and inconvenience of travel for athletes
- Useful for concussion management, athletic health monitoring, symptom tracking

## BACKGROUND

Concussion management for athletes traditionally involves daily in-person meetings with athletic trainers to report and monitor symptoms. This approach, while effective in gathering accurate data, presents significant challenges. Daily travel for concussed athletes can exacerbate symptoms and add undue strain, potentially hindering recovery. Historical methods rely on standardized symptom report forms completed during these visits, lacking the flexibility for remote symptom tracking. Given these shortcomings, there is a pressing need for improved methods that minimize the logistical and physical burdens on athletes while ensuring accurate symptom monitoring. The introduction of technology to facilitate remote reporting presents a solution to these challenges, enhancing both the efficiency and effectiveness of concussion management for athletes.

## INNOVATION



Researchers have created a new approach to managing concussion recovery through remote symptom reporting. Initially leveraging existing applications like Real Life Exp for data collection, Recoups has evolved into a dedicated web-based platform. This platform allows athletes to report their symptoms via text, eliminating the need for daily travel and reducing the risk of symptom exacerbation. By streamlining the communication process between athletes and athletic trainers, Recoups enhances the accuracy and ease of symptom monitoring. Real-world applications of Recoups include use in research projects aimed at improving concussion management and potential clinical adoption to streamline recovery protocols across athletic programs. This innovation promises to significantly improve the quality of care and recovery outcomes for athletes suffering from concussions.