



Concussion Information Sheet

What is a concussion?

A concussion is a type of brain injury caused by trauma. It can be caused by a hard bump on or a blow to or around the head, which causes the brain to move quickly inside the head. You do not have to lose consciousness to sustain a concussion. If a concussion is not properly treated, it can make symptoms last longer and delay recovery. A second head trauma before recovery could lead to more serious injuries.

Who Can Diagnose a Concussion?

A qualified healthcare provider such as a licensed physician (MD, DO) can diagnose a concussion. Another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management can also diagnose a concussion.

Signs/Symptoms:

Signs and symptoms include, but are not limited to headache, dizziness, lightheadedness, blurred vision, double vision, light/noise sensitivity, nausea, memory loss, balance problems, concentration problems, and/or loss of consciousness.

Take to ER if any of the following occurs:

Worsening headache, Persistent vomiting, altered mental status, Seizure, Slurred speech, Trouble recognizing people or places, Tiredness or difficulty waking, Blood or fluid coming from the nose or ear, Weakness in the arms or legs

Return to Play:

No athlete should return to play until they are symptom-free and have written clearance from a qualified healthcare provider to return to play.

The five steps involved in the return-to-play protocol are:

1. Light aerobic activity—10 to 15 minutes or walking or stationary bike
2. Moderate aerobic activity—20 to 30 minutes of jogging; light resistance training
3. Intense aerobic activity—40 to 60 minutes of jogging/running sport-specific drills
4. Controlled contact training drills
5. Full contact practice

Note: Each step should take a minimum of 24 hours. If symptoms return at any stage, the student should drop back to the previous level and progress after 24 hours of symptom-free rest.

For concussion rehabilitation services, please contact one of our Neurosport Physical Therapy locations today!

<http://www.neurosportphysicaltherapy.com/locations>

For sports medicine doctors in the Atlanta metro area who specialize in concussion diagnosis and treatment:

<http://www.emoryhealthcare.org/sports-medicine/conditions/head/>

Concussion Information Links

<https://www.nfhs.org/sports-resource-content/a-parents-guide-to-concussion/>

<http://www.cdc.gov/traumaticbraininjury/symptoms.html>

<http://www.cdc.gov/headsup/index.html>

<https://dph.georgia.gov/return-play>