

Sports Medicine

Concussion Education

What is a concussion?

A concussion is a common, yet mild traumatic brain injury resulting from a force or impact to the head.

Examples of such forces include:

- Head to Head
- Head to Ground
- Head to Object (ball, puck, etc.)
- Head to Body

Signs and symptoms

Parents/coaches notice the athlete:

- Appears dazed or stunned
- Is confused about position
- Forgets an instruction
- Is unsure of game, score, etc.
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Athlete complains of:

- Headache or "pressure" in head
- Nausea or vomiting
- Concentration / memory problems
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion
- Does not "feel right"

Home Care

- **No same day return to play.**
- Graduated return to play.
- Rest. This includes mental and physical rest.
- But should be woken every two hours to re-evaluate their condition
- Do not let the athlete drive home
- Ice any painful area
- Do not go home alone
- **Do not take any medication that thins the blood** (ie. Aspirin, Ibuprofen, Aleve)
- Only Tylenol is **OK**

When to go to the Emergency Room?

- Loss of consciousness
- Trouble maintaining balance
- New symptoms arrive or become worse
- If athlete requests a doctor visit
- If repeated vomiting occurs