

Concussion In Sports

Parent Info: What You Need to Know

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Symptoms Reported by the Athlete

- Headache
- Nausea
- Balance Problems or Dizziness
- Change to vision
- Feeling tired
- Feeling like in a fog
- Concentration or memory problems
- Confusion

Signs Observed by Others

- Appears dazed or stunned
- Confusion about what to do
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers slowly
- Loses consciousness
- Not themselves
- Can't recall what happened

What is a concussion?

A concussion is a brain injury which results in temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. An athlete DOES NOT have to lose consciousness or be knocked out to suffer a concussion.

Concussion symptoms may last from a few days to several months.

Concussion symptoms may interfere with school, work and social life.

No athlete should return to sports while still having symptoms as they are at risk for prolonging symptoms and further injury

A concussion may cause multiple symptoms. Many appear immediately after injury while others develop over the next several days or weeks. Sometimes these symptoms are subtle and hard to recognize.

What can I do?

If you suspect a concussion, do not allow your child to return to activity until they have been checked by an appropriate healthcare provider.

When in doubt, sit them out!

After suffering a concussion, no athlete should return to play or practice that same day.

After suffering a concussion, no athlete can return to play without being cleared by a physician and completing the return to play protocol.

This clearance has to be by an MD or DO....no PA, no CRNP, no ATC, no PT.

Many times the athlete will have problems in school and it is best to keep them home for a few days, followed by a light schedule, and increasing the time until full return.

What to expect...

Evaluated by ATC

REST

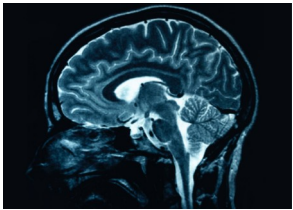
Periodic concussion testing w/ ATC

Cleared by Physician

Begin Return to Play Protocol

Resume Practice

Concussion In Sports



Best treatment is REST!

Avoid use of computer, video games, television, texting.

Bright lights and loud noises may increase symptoms.

What happens days after injury?

Rest is crucial for healing.

If your child is not feeling well, you should keep them home from school. The mental challenges at school tax the brain and make the symptoms worse.

If your child is vomiting, has a severe headache that won't go away, is having difficulty staying awake or answering simple questions,

has extreme balance issues, or loses consciousness, he or she should be taken to the nearest emergency department immediately.

If the ATC evaluated your son/daughter at the time of injury, he will notify administration, guidance, and nurses of injury and potential absences.

Guidance will notify teach-

ers upon return to school for changes in workload and academic expectations.

ATC will test athlete periodically using SCAT2 form for changes to symptoms and basis for academic accommodations.

Return to Play

Once an athlete no longer has symptoms, has tested normally on SCAT2 form, is cleared to return to play by an MD or DO, they will proceed with activity in a step wise fashion under the supervision of the ATC. This will allow the brain to readjust to exertion.

If signs/symptoms return at all during the return to play progression, it is to be stopped until asymptomatic and will return to previous stage.

Have doctor sign clearance on DIAA ACE clearance form.

Step 1: Rest, limit cognitive activity.

Step 2: Light exercise, light jog, stretch with team, very light weight training

Step 3: Moderate activity. Add equipment or helmet if applicable, increased running but no sprints, weight training but no squats or bench.

Step 4: Heavy non contact activity: Running and sprinting, non contact sport specific drills.

Step 5: **Must have MD or DO clearance before beginning this stage.** Full contact practice

“When in doubt, sit them out”
