



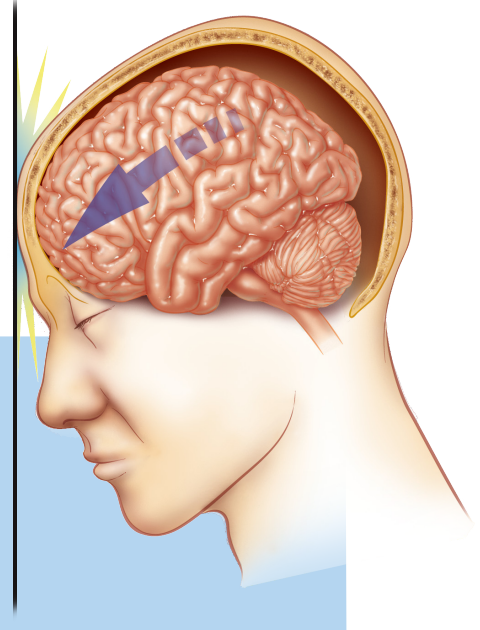
# Intermountain<sup>SM</sup> TOSH – The Orthopedic Specialty Hospital



## PLAYING MY BEST SPORTS DISCOVER YOUR ELITE ATHLETE

### CONCUSSION

A concussion is bruising of the brain that occurs as the result of a blow to the head or jaw, which causes the brain to bang against the skull and damage to nerves and brain tissue. This injury may or may not cause loss of consciousness. A concussion is serious even in the absence of the loss of consciousness. A concussion should never be considered a minor head injury or thought of as a “ding.” Always inform your coach and certified athletic trainer when you experience any signs of a concussion.



#### FACTORS THAT CONTRIBUTE TO MY INJURY

- Weak neck muscles
- Improperly fitting mouth guard
- Prior concussions
- Improper heading of soccer ball
- Colliding with an opponent’s head when heading a soccer ball

### TREATMENT

- Only one sign or symptom may be present, but it is still a concussion. Concussions are graded from 1 to 3 with a grade 3 being the most severe.

#### EARLY SYMPTOMS

- Headache
- Vision disturbances
- Dizziness
- Loss of balance
- Confusion
- Memory loss (amnesia)
- Ringing in the ears
- Nausea/vomiting
- Difficulty concentrating
- Inappropriate behavior

#### LATE SYMPTOMS

- Sensitivity to light
- Memory disturbance
- Poor concentration
- Irritability
- Sleep disturbances
- Personality change
- Fatigue



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

**FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300**

5848 S. 300 E. Murray, Utah 84107 • [www.playingmybest.com](http://www.playingmybest.com)

## Observe and monitor the concussed athlete and watch for:

(If any of these conditions listed worsens while at home take person immediately to the nearest Emergency Room)

- Stiff neck
- Difficulty walking, speaking or using arms
- Severe headache
- Repeated vomiting
- Confusion that gets worse
- Convulsions
- Unusual sleepiness
- Decreased level of consciousness
- Awaken the athlete from sleep every 2 hours during the night (on the day the injury occurs only)
- **Do not take aspirin, or anti-inflammatory medication such as Advil, Aleve, or Motrin**
- If you have a headache you can usually take acetaminophen, or Tylenol (consult with your physician)

## Concussion Guidelines for Return to Sport

- Pull the athlete from all activity until ALL symptoms resolve at rest and during exertion
- If the athlete experienced any loss of consciousness consult a physician before returning to any activity
- If the athlete has had multiple concussions, even minor in nature a physician should be consulted before continuing activity.

**A physician should be the only professional to clear an athlete to return to sport**

	1 <sup>st</sup> Concussion	2 <sup>nd</sup> Concussion	3 <sup>rd</sup> Concussion
1 <sup>st</sup> Degree	Out until ALL symptoms resolve	Out 1 week after ALL symptoms resolve	Out 1 month after ALL symptoms resolve
2 <sup>nd</sup> Degree	Out 2 weeks after ALL symptoms resolve	Out 1 month after ALL symptoms resolve	<b>Terminate Season</b>
3 <sup>rd</sup> Degree	Out 1 month after ALL symptoms resolve	<b>Terminate Season</b>	<b>Terminate Season</b>