



PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

SECOND IMPACT SYNDROME

Second impact syndrome occurs when an athlete sustains a second head injury (concussion) before symptoms associated with the first head injury have totally resolved. Often the first injury was unreported or unrecognized. Second impact syndrome usually occurs within one week of the initial injury. The devastating injury to the brain usually occurs within minutes of the second injury and causes rapid brain swelling and herniations as a result of the brain's loss of its ability to regulate its blood supply. A second impact can result in some form of permanent impairment and a 50% death rate. Once a person has suffered a concussion he/she is four to six times more likely to suffer a subsequent concussion. It is estimated that 20% of all high school football players suffer a concussion each year.

A second injury can be minor perhaps a blow to the chest can cause the head to jerk back and forth.



FACTORS THAT CONTRIBUTE TO INJURY

- Not reporting a concussion or head trauma
- Returning to practice or competition before all symptoms of previous head injury have resolved.

SIGNS AND SYMPTOMS

Rapid brain swelling develops in a matter of 2 – 5 minutes causing:

- Rapidly dilating pupils
- Eventual coma
- Loss of eye movement
- Death is common
- Respiratory failure



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

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