

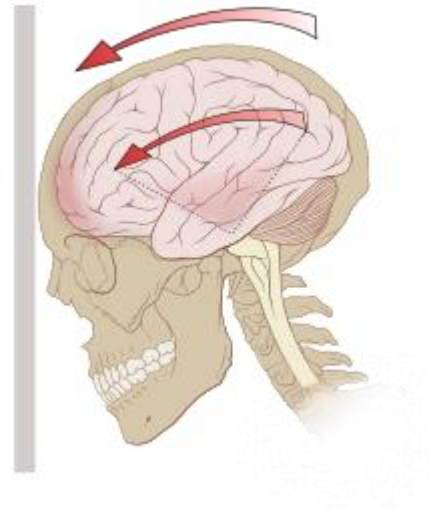
Concussion

ATHLETE INSTRUCTIONS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a fall or blow to the body that causes the brain to move quickly back and forth. Health care professionals may describe a concussion as a “mild” brain injury because concussions are usually not life threatening. Even so, their effects can be serious.

Typically, a concussion involves a rapid onset of short-lived impairment. In the past it was thought a player had to lose consciousness (get knocked out) to have a concussion but this is not true. Even getting your “bell rung” or a “ding” can impair brain function and should not be considered a minor injury. Athletes should always inform their Certified Athletic Trainer, coach and parents if they experience any signs or symptoms of a concussion.



SIGNS AND SYMPTOMS OF A CONCUSSION:

- Headache
- Nausea/Vomiting
- Dizziness
- Loss of balance
- Memory loss (amnesia)
- Memory disturbances
- Vision Disturbances
- Confusion
- Irritability
- Emotional Changes
- Difficulty or Poor Concentrating
- Inappropriate Behavior
- Sensitivity to Light and or Noise
- Ringing in the ears
- Sleep Disturbances
- Personality changes
- Fatigue



Official Sports Medicine provider for multiple athletic programs

TREATMENT:

The cornerstone of concussion management is physical and cognitive rest until the complete resolutions of symptoms and then following a graduated return to play protocol. Intermountain Logan Regional Sports Medicine follows a return to play protocol that monitors the cognitive, memory as well as balance testing and an expected return to asymptomatic return to baseline testing. This will then allow the athlete to return to graduated physical exertion testing, taking at least 6 days after being symptom free. A history of previous concussions may be a contributing factor and affect the return to play considerations

CARE OF THE CONCUSSED ATHLETE:

Do NOT	AVOID	It is OK to
<ul style="list-style-type: none">• Train or play sports until medically cleared• Drive until medically cleared• Use Alcohol• Use aspirin, Aleve, ibuprofen (Motrin), or narcotic medication• Use sleeping pills• Eat spicy foods	<ul style="list-style-type: none">• Text Messaging• Video Games• Working on Computer• Extended periods of concentration	<ul style="list-style-type: none">• Use acetaminophen (Tylenol)• Rest from strenuous activity• Use ice on head/neck for comfort• Eat a light diet• Sleep as usual

OBSERVE AND MONITOR THE ATHLETE:

If any of the following conditions worsen while at home, take the athlete to the emergency Room immediately

- | | | |
|----------------------|------------------------|-------------------------|
| ♦ Vomiting | ♦ Excessive Drowsiness | ♦ Clear or Bloody |
| ♦ Worsening Headache | ♦ Seizure | Drainage the Ear or |
| ♦ Dizziness | ♦ Unequal Pupil Size | Nose |
| ♦ Behavior Changes | ♦ Increased Confusion | ♦ Loss of Consciousness |
| ♦ Double Vision | ♦ Slurred Speech | |

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT YOURS SCHOOLS CERTIFIED ATHLETIC TRAINER:

Concussions and Sports Medicine on the web

www.loganregional.org/sportsmed , www.cdc.gov/concussion , www.uhsaa.org