

Concussions

Definition: A clinical syndrome characterized by immediate and transient post-traumatic impairment of neural functions, such as alteration of consciousness, disturbance of vision or equilibrium due to brain stem involvement caused by a direct or indirect hit to the head **or body** causing rapid acceleration/ deceleration forces.

- 1.6-3.8 million concussions diagnosed yearly
- 41% return to play too soon
- 75% of all concussions are “bell ringers”
- An athlete with one concussion is 4-6 times more likely to sustain future concussions
- Underreporting of injury- a HUGE problem
- Less the 20 % of concussions lose consciousness
- CT is making a law that will help coaches recognize and treat concussions
- **Concussions affect brain function NOT structure! It is not a bruise to the brain!!!**

Symptoms Athlete May Report (the way the athlete feels)

Signs You May See (will be visible to others)

Headache	Vomiting
Feeling slowed down	Appears dazed/ stunned
Difficulty concentrating	Forget instructions
Dizziness	Unsure of game/ score/ opponent/ play
“Fogginess”	Appears uncoordinated or unsteady
Fatigue	Loss of consciousness
Sensitivity to light/ noise	Mood changes
Memory and concentration problems	Appears drowsy

On Field Concussion Management (5 R’s)

- Recognize that a concussion has occurred
- Remove that person from activity immediately
- Refer the individual for medical care
- Rest (physical and cognitive)
- Return to activity only after full recovery

Prevention

- Teach proper technique
- Wear properly fitted and maintained equip- helmet, etc
- Strengthen neck muscles
- Stay in good shape

Treatment

- Physical and cognitive rest-if the brain is working or you are having symptoms, you are doing too much
- Seek medical attention immediately
- Absolutely no sports, video games, computer use, text messaging, home work