

Concussions at Marianapolis

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Topics

- What is a concussion?
- What to look for...
- Evaluation
- Recovery and Progressions
- Day in the life of a concussed student
- Prevention

What is a Concussion

- It is a Traumatic Brain Injury.

What is a TBI

- A TBI is caused by a biomechanical blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth.

Causes



- Hit to the head
- Falling on the ground
- Car accident
- Getting elbowed
- Walking into a door
- Falling out of bed
- Getting hit with something
- Walking into a sign
- Athletics

What to look for:

Signs

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Red Flags

- What does that mean?



- Pupil issues
- Headache that is unbearable
- Weakness or numbness
- Decrease in coordination
- Vomiting
- Slurred speech
- LOC

Evaluation

First Responder

Simple Questions

- Where are you?
- Who am I?
- Where are we?
- Score?
- What happened?
- How do you feel?

Simple Observation

- Disorientation
- Eyes look weird
- Off balance
- Don't look like themselves

Medical Evaluation Tools

- Memory
- Cognition
- Balance
- SCAT 3
- Cranial nerve assessment
- CCAT (Braincheck)

CCAT (Braincheck)

What is a baseline?

- A test that is done before an injury occurs that is used as a comparison after recovery from an injury.

Braincheck

- Similar to a computerized game.
- Computerized test that records concussion symptoms and evaluates reaction time, memory, and recognition.

This is just one of many tools that are used to evaluate concussions

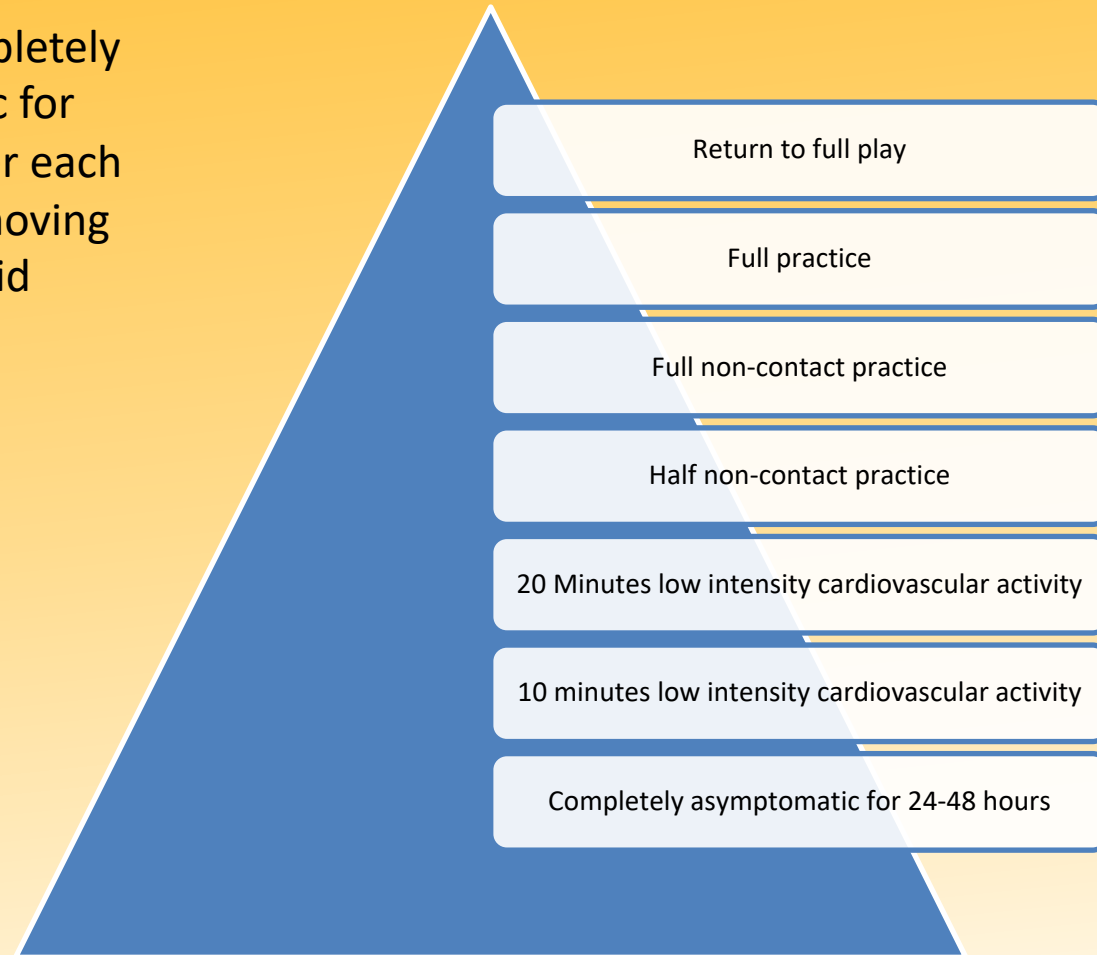
Recovery and Progressions

Return to Learn Grid

| Academic Concussion Level | Academic Actions | Academic Modifications | What to watch for |
|-----------------------------------|---|---|---|
| 5 Out of School | -No school work is to be completed -All communications should be based on recovery opposed to when assignments are due | | - Red flags |
| 4 Half Days with modifications | - No assessments are to be completed - No homework | - Frequent rest breaks - Reduction of coursework and assignments - Note takers or recording of lectures - Sunglasses - Moving classroom seat - No Ipad or computer work - Reformat assignments - Extra time for assignments - Ear plugs - Removal from specific classrooms - Written instructions for assignments - Color coding information - Create fact sheets - Use a "Reader" | - Increase in symptoms with school work - Decreased attention span - Difficulty remembering or learning new material - Inability to cope with stress - fatigue - Visible pain or discomfort - inappropriate behavior - Emotional changes - repeating themselves |
| 3 Full Days with modifications | - No assessments are to be completed - Limited homework | | |
| 2 Return to full academics | - School work should be completed in a timely manner | -Rest breaks as needed - Increased time for assessments - Retake assignments -Create to – do lists | Observer increased symptoms or reoccurrence of symptoms |
| 1 Returning to Athletics | - All course work should continue to - Follow the return to sport progression | - Rest breaks as needed | Observer increased symptoms or reoccurrence of symptoms |
| 0 No restrictions | -Observations of student academically, emotionally, and physical | - None | - Depression, attention changes, increased anxiety |

Return to Extracurriculars

Must be completely asymptomatic for 24 hours after each step before moving up the pyramid



A Day in the Life

A Day in the of Life a Level 3

| Time | | Time | |
|--------|--|--------|---|
| 730am | Meet with Mrs. O'Conner for evaluation | 1230pm | Meet with Mr. Poirot about missing assignments |
| 800am | Attend morning gathering | 210pm | Last class |
| 820am | Too much clapping is causing headache - back to the health office to rest | 300pm | Meet with Mr. Drew for additional evaluation – told to sit at practice - no physical activity |
| 850am | Attend first class | 530pm | Dinner |
| 945am | Attend second class – wearing sunglasses because of the projector | 615pm | Rest time- no tv |
| 1040am | Attend third class – they are taking a test, review an assignment with the teacher from last class | 730pm | Study hall – intermittent homework 20 minutes at a time. |
| 1135am | Lunch – sit in side meeting room because of loud noises | 930pm | Bed time |

Prevention

This year we will be involved in a neck strengthening program to help reduce the rate of concussions.

It will be a few simple exercises done daily.

Chin Crunch

Position

- Flat on back
- Knees bent
- Toes up
- Arms bent
- Back of hand against the ground

Motion

- Chin to chest
- Lift head off the ground
- Hold each rep for 3 second

Frequency

- Week 1 – 1 set of 10 reps
- Week 3 – 2 sets of 10 reps



Please view videos on computer

Chin Lift

Position

- Flat on back
- Knees bent
- Toes up
- Arms bent
- Back of hand against the ground

Motion

- Face straight up – parallel to the ground
- Hold each rep for 3 second

Frequency

- Week 1 – 1 set of 10 reps
- Week 3 – 2 sets of 10 reps



Please view videos on computer

Mini-Bridge

Position

- Flat on back
- Knees bent
- Toes up
- Arms at sides

Motion

- Pull chin down
- Press the back of you head towards the ground
- Hold each rep for 3 second

Frequency

- Week 1 – 1 set of 10 reps
- Week 3 – 2 sets of 10 reps



Please view videos on computer

“Neckcercises”

| Name | Position | Action |
|--------------|---|---|
| Chin Crunch | <ul style="list-style-type: none"> • Flat on back • Knees bent • Toes up • Arms bent • Back of hand against the ground | <ul style="list-style-type: none"> • Chin to chest • Lift head off the ground • Hold each rep for 3 second |
| Chin Lift | <ul style="list-style-type: none"> • Flat on back • Knees bent • Toes up • Arms bent • Back of hand against the ground | <ul style="list-style-type: none"> • Face straight up – parallel to the ground • Hold each rep for 3 second |
| Mini- Bridge | <ul style="list-style-type: none"> • Flat on back • Knees bent • Toes up • Arms at sides | <ul style="list-style-type: none"> • Pull chin down • Press the back of your head towards the ground • Hold each rep for 3 second |
| Neck | <ul style="list-style-type: none"> • Standing or sitting • One arm behind back • Opposite hand reaching over the head holding onto the temple | <ul style="list-style-type: none"> • With the top hand, pull the head away from the arm behind your back • Hold for 30seconds • Switch sides |
| Chest | <ul style="list-style-type: none"> • Lying on the ground face down (or facing a wall standing up) • One arm behind you with the elbow bent • Look away from that arm | <ul style="list-style-type: none"> • Twist body entire body away from your arm • Hold for 30 seconds • Switch sides |