

Concussions:

Prevention, Symptoms & Recovery

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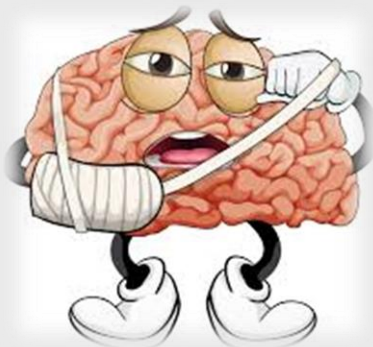
WHAT IS A CONCUSSION AND HOW DO I KNOW IF I HAVE ONE?

A **concussion** is a type of a traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

SIGNS AND SYMPTOMS

Signs and symptoms normally occur immediately but can be delayed by minutes, hours, or in some cases even days. Signs and symptoms include:

- Headache
- Dizziness
- Abnormal vision
- Poor memory
- Fatigue
- Poor balance
- Neck pain
- Numbness or tingling in the head or body
- Sensitivity to light and/or sound
- Feeling more emotional
- Sleeping more or less than usual
- Feeling more irritable



PREVENTION & RECOGNITION!

The single most effective way to limit concussions at TAS is implementing proper prevention practices. This means playing safely, following the rules and practicing good sportsmanship for the safety of teammates and opponents.

“CONCUSSIONS ARE TREATABLE.”

-Dr. Kenneth Podell, Ph.D and Neuropsychologist

RECOVERY

There are three important factors that may impact recovery from a concussion, especially for students at TAS; sleep, posture, and screen time.

Sleep

A good night’s rest is essential for proper recovery from traumatic brain injury. Elementary and middle school-aged kids should sleep between 9-11 hours each night.

Teens 14-19 years old should do everything they can to rest for 8-10 hours each night.

Backpacks

Wearing a backpack improperly could make you more susceptible to concussions, as well as delay recovery if you already have one. Here are some easy steps you can follow. Backpacks should:

- Be less than 10% of body weight.
- Not be worn too low on the back.
- Be worn with both shoulders, not just one.
- Have shoulder straps that are as wide and padded as possible.

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RECOVERY (CONTINUED)

Screen Time

When you have a concussion, your brain needs to rest in order to heal. Playing video games and texting, as well as working on a computer and other electronic activities that involve hand-eye coordination all have the potential to prolong recovery.

You can help your teammate recover from a concussion by helping to decrease their screen time. That means, if you are concerned, try to keep your texting conversations short, or avoid messaging. TAS student-athletes have a huge support system for recovering from concussions, so the best thing you can do is to trust that your teammate is in good hands.



YOU CAN HELP!

As a student-athlete, you play an important role on the team. Helping your teammates by being supportive and encouraging them to report symptoms is the best thing you can do.

If you think you have a concussion, do not return to play on the day of the injury. Only a healthcare provider can tell whether you have a concussion and when it is safe to return to school and sports. The sooner you get checked out, the sooner you may be able to safely return to play. While your brain is still healing, you are much more susceptible to getting another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

*"GOOD TEAMMATES KNOW: IT'S
BETTER TO MISS ONE GAME THAN
THE WHOLE SEASON."*

-United States Center for Disease Control

ADVOCATE FOR YOURSELF ADVOCATE FOR YOUR HEALTH!

It is important to know the signs and symptoms of a concussion, as well as what can cause them. If you're worried about yourself, or a teammate, inform your coach, athletic trainer or TAS's Concussion Case Manager. Always practice safe sports and support teammates in their recovery. When it comes to concussions, the most important person involved in maintaining your health is YOU.