

CONCUSSION 101

WITH MORE ATTENTION BEING PAID TO CONCUSSIONS, they're no longer being thought of as simple "bumps on the head." Help keep young athletes protected by better understanding the symptoms, treatment and prevention of concussions.

- A concussion is defined as a "trauma-induced alteration in mental status that may or may not involve loss of consciousness."
- This can be 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 quickly back and forth.
- Concussion signs and symptoms can appear or not be noticed until days or weeks after the injury.

HOW TO REMAIN SAFE ON THE FIELD

- Make sure all helmets and safety equipment are sport specific, properly fitted and certified when refurbished.
- Follow sports safety rules and use proper techniques.
- Practice good sportsmanship.

YOU HAVE A CONCUSSION – NOW WHAT?

- **Report symptoms:** Tell a coach, parent or athletic trainer if you suspect an athlete has a concussion.
- **Get checked out:** Only a health care professional can tell if a concussion has occurred and when it is OK to return to play.
- **Get plenty of rest:** Immediately after the concussion is sustained, rest is recommended. This includes keeping a regular sleep routine and avoiding activities that require a lot of concentration.
- **Give time to recover:** It's important to allot time to heal. Another concussion sustained while the brain is healing can result in long-term problems.
- **Take it slow at first:** After the physician or athletic trainer gives the OK to return to activity, an athlete shouldn't jump in all at once. The athletic trainer will work with the athlete to develop a safe plan for returning to play.
- **Address concerns:** If there are concerns, don't hesitate to bring them up with a health care provider or athletic trainer.

Sources: NATA, Sanford Orthopedic Sports Medicine, Center for Disease Control and Prevention, Heads Up Concussion, 11th Annual Youth Sports Safety Summit

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Infographic courtesy of the National Athletic Trainers' Association

KNOWING THE RED FLAGS

- CAN'T BE AWAKENED
- REPEAT VOMITING

- SLURRED SPEECH
- CAN'T RECOGNIZE PEOPLE OR PLACES



- HEADACHE
- SEIZURES



- LOOKS VERY DROWSY



- BALANCE PROBLEMS
- DIZZINESS

- INCREASING CONFUSION OR IRRITABILITY
- LOSS OF CONSCIOUSNESS
- WEAKNESS OR NUMBNESS IN ARMS OR LEGS
- UNUSUAL BEHAVIORAL CHANGE



- BOTHERED BY LIGHT OR NOISE
- SLOWED REACTION TIME
- SLEEP PROBLEMS

BRAIN INJURIES

TREATED AT CARRICK BRAIN CENTERS A BSI COMPANY

Carrick offers computerized neuro testing for athletes to provide an individual baseline measurement, for use in determining treatment progress if the athlete is subsequently injured later in the season.

10,000 
high school football players
are concussed every year

BRAIN FACTS
Traumatic Brain Injuries, or TBIs, are very serious. Unfortunately, they occur more often than many people realize. TBIs range from mild to severe, but all are dangerous and can cause medical problems for years.



During the last decade, ED visits for sport/recreation TBIs, among children and adolescents increased by 60%

15%
OF ALL HIGH SCHOOL SPORTS INJURIES ARE CONCUSSIONS

- SYMPTOMS**
- Difficulty thinking clearly
 - Difficulty concentrating
 - Memory loss
 - Headache
 - Blurred vision
 - Feeling tired/lacking energy
 - Irritability/depression
 - Nausea or vomiting
 - Loss of balance

47%
OF ALL CONCUSSIONS IN HIGH SCHOOL ARE FROM FOOTBALL


the recovery time for head injuries is much higher for children & teens than adults

20%
OF ALL CONCUSSIONS TAKE THREE WEEKS OR LONGER TO RECOVER

BRAIN FACTS
Many mild TBI's are not diagnosed until the person begins to have problems **DOWN THE ROAD** - usually doing something that was once an easy task or in social situation.

- SYMPTOMS**
- Headaches
 - Dizziness
 - Depression
 - Anxiety & irritability
 - Memory loss
 - Insomnia
 - Sensitivity to light & noise
 - Difficulty concentrating

1 YEAR

≈ 15% of people with a TBI have symptoms lasting 1 year or more

20%
OF FORMER PLAYERS WHO HAD EXPERIENCED 3+ TBI'S & DEPRESSION

3x THE RATE OF THOSE WITH ZERO TBIs

BRAIN FACTS
Returning to sports before a brain injury has healed completely can put you at risk for secondary impact syndrome.

- SYMPTOMS**
- Nausea and vomiting
 - Headache and neck pain
 - Loss of eye movement
 - Dilated pupils
 - Respiratory failure
 - Coma



After several concussions, it takes less force to cause the injury & takes more time to recover

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