

## Concussion

### What is it?

An injury to the brain (usually a bruise) where there are disturbances in the electrical activity in the brain. It can be caused by a direct hit to the head or an indirect hit.

### Signs and Symptoms

Headache, nausea, loss of consciousness, memory loss, confusion, dizziness, vomiting, ringing in ears, abnormal pupil reaction (severe case), loss of balance (severe case)

### How should it be treated?

Monitor signs and symptoms: a) if get worse see a doctor immediately  
b) if new signs or symptoms arise see a doctor immediately

Do NOT give athlete any medicine for headaches, nausea, etc. These can mask the symptoms getting worse.

LIMIT TV, computer, texting, or any other electronic device (xbox, dsi's) due to the brain having to work harder when trying to use electronics it can make symptoms worse or allow symptoms to prolong.

**\*Note:** Athletes will be held out until symptom free for 24 hours. After those 24 hours the Athletic Trainer will put the athlete through a progressive return to play.

Day 1: Light aerobic exercise (walking, swimming, stationary bike)  
Day 2: Sport-specific exercise (no contact)  
Day 3: Non-contact training drills (i.e. passing drills, no physical contact)  
Day 4: Full contact practice  
Day 5: Full release

### References:

Bernier, Julie N., EdD, ATC (2005). *Quick Reference Dictionary for Athletic Training*. Second Edition. Thorofare, NJ: SLACK Incorporated.  
Gallaspy, James B., M.Ed., A.T.C., LAT, May, J. Douglas, M.A., A.T.C. (1996). *Signs and Symptoms of Athletic Injuries*. St. Louis, Missouri: Mosby-Year Book, Inc.  
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