

Dear Parents and guardians,

Sports are an important part of your child's scholastic and extra-curricular development. However, your child's cognitive, physical and athletic development can be impaired, sometimes seriously, if your child returns to sports too soon following a head injury.

According to the Centers for Disease Control and Prevention (CDC):

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur in **any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

The CDC also says that 1.7 million traumatic brain injuries occur every year, with about 75 percent of those involving concussions or mild brain injuries. Adolescents aged 15 to 19 years are among the age groups most likely to sustain these injuries.

The Sitrin Health Care Center in New Hartford offers a Concussion Management Program that uses tools and strategies from research-based evidence to assess your child's cognitive and balance abilities both before *and* after an injury.

I strongly urge you to take your child for a pre-injury baseline assessment. This evaluation is essential because it can be used for comparison in the event your child sustains a hit to the head. The cost for this evaluation is \$20.00.

If a head injury occurs, I also recommend that you return to Sitrin for post-injury assessment. Sitrin's concussion management specialists-licensed physical therapists-will help recommend appropriate treatments and the safest time for your child to return to playing sports. This is a critical step because most evaluations done at sporting event sidelines are not sensitive enough to identify significant head injuries.

Please protect your child's health, well-being and development with pre-injury and post-injury concussion assessments. Start now by calling Sitrin at (315) 737-2246 to schedule a baseline assessment for your student athlete. Thank You.

Sincerely,

Dale J. Dening

Athletic Director

P.S. Sitrin's Concussion Management Program recently was featured on WKTV News Channel 2 and WUTR. Video clips from these August broadcasts may still be available for viewing by going on-line and typing the television channel call letters and Sitrin's Concussion Management Program into the Google search box.