

## **Patient Information for Sports-Related Concussion**

I believe that \_\_\_\_\_ sustained a concussion on \_\_\_\_\_.

To make sure she recovers, please follow the following important recommendations:

1. Report to athletic training facility on \_\_\_\_\_ at \_\_\_\_\_ for a follow-up evaluation.
2. If any problems below develop before the follow-up visit, please call ATC at \_\_\_\_\_ or contact the local emergency medical system or your family physician.
  - a. Decreasing level of consciousness
  - b. Increasing confusion
  - c. Increasing irritability
  - d. Loss of or fluctuating level of consciousness
  - e. Numbness in arms or legs
  - f. Pupils becoming unequal in size
  - g. Repeated vomiting
  - h. Seizures
  - i. Slurred speech or inability to speak
  - j. Inability to recognize people or places
  - k. Worsening headache

Otherwise, you can follow the instructions outlined below

### **It is OK to:**

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head and neck as needed for comfort
- Eat a carbohydrate-rich diet
- Go to sleep
- Rest (no strenuous activity or sport)

### **There is NO need to:**

- Check eyes with flashlight
- Wake up frequently (unless otherwise instructed)
- Test reflexes
- Stay in bed

### **Do NOT:**

- Drive a car or operate machinery
- Engage in physical activity (exercise, weightlifting, physical education, sports etc) that makes symptoms worse
- Engage in mental activity (school, job, homework, computer games, phone screen time) that make symptoms worse

Please feel free to contact me at any time regarding your concussion symptoms. You can email me at [luciaesposito@gfs.org](mailto:luciaesposito@gfs.org)

S.P. Broglio et al., 2014, "National Athletic Trainers' Association Position Statement: Management of sports concussion," *Journal of Athletic Training* 49(2): 245-265.