

MomsTeam Concussion Safety Center

Looking To Provide Parents & Coaches with Concussion Safety Articles?

Catalog of Concussion Content



*The Trusted Source for Youth Sports Parents*

October 25, 2010

About MomsTeam.com

MomsTeam.com is the premier online youth sports information gateway for youth sports moms (and dads) seeking advice, community, buying and product information from a world-class team of experts dedicated to the mission of a safer, saner, less stressful and more affordable youth sports experience.

MomsTeam is looking to partner with organizations who support the important work MomsTeam is doing to promote proper Concussion Safety. Companies represented on the MomsTeam site will benefit from the “Halo Effect” of being associated with the “trusted source for youth sports parents.”

**“**MomsTeam is the Pioneer

 in Youth Sports Concussion

Information and Education**”**

 *~ Robert Cantu, M.D. Neurosurgeon*

* Clinical Professor, Department of Neurosurgery; Co-Director, Center for the Study of Traumatic Encephalopathy, Boston University School of Medicine, Boston, MA
* Chief of Neurosurgery Service; Chairman, Department of Surgery; Director of Sports Medicine, Emerson Hospital, Concord, MA
* Co-Director, Neurologic Sports Injury Center, Brigham and Women’s Hospital, Boston, MA



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About MomsTeam

MomsTeam provides the mothers and fathers with children in youth sports the practical tools and information they seek about every aspect of the youth sports experience. By providing valuable content and information from a team of experts, professionals, writers and sponsors, sports moms (and dads) are able to find the solutions that make this aspect of their family life more fulfilling and its demands easier to manage.

We know firsthand just how busy sports parents are. For the past ten years, we have been building the MomsTeam brand to provide information most needed by sports parents, especially mothers. Simply put MomsTeam is a TEAM of youth sports experts, sports parents, athletes, physicians, nutritionists, and luminaries in our fields.

Together as a team for parents, we are able to show them how to accomplish the difficult task of managing their children's sports activities so they are successful and efficient.

MomsTeam is an easy-to-use comprehensive online network of channels targeted to the needs of youth sports parents aged 26-59. The network consists of 6 channels organized by subject matter. The channels cover leading topics of interest including: Sports Nutrition, Health and Safety, Sports (55), Team Moms/Coaching and Successful Parenting.

MomsTeam Concussion Safety Center background

On September 28, 2001, seventeen-year-old Matthew Colby died after sustaining multiple concussions in a high school football game in California. In the wake of his tragic death, his uncle, Deron Colby, e-mailed MomsTeam.com lamenting the fact that he couldn't find all of the answers to his questions, even though, “MomsTeam was the best and most informative publication-free to all” , and asked us for our help, we rolled up our sleeves and started looking for answers. We knew that, working nearby at Emerson Hospital in Concord, Massachusetts was Robert C. Cantu, MD, one of the world's foremost experts on concussions in sports, and the author of one of the most widely followed concussion grading and return-to-play guidelines then in use.

While Dr. Cantu was traveling the world speaking to his peers in the sports medicine community about concussion management, he felt that those presentations were simply "preaching to the choir." In his view, the most effective way to protect athletes from suffering long-term effects from concussions was "for MomsTeam.com to reach all of the parents, aunts and uncles of youth sports athletes to educate and inform them on” concussion management.



Working closely with Dr. Cantu, who joined MomsTeam as an expert, we spent months researching and writing articles for a new area of the site to provide comprehensive information on concussions to coaches, parents, players and athletic trainers.

*Thus was born the MomsTeam Concussion Safety Center*

Now, ten years since its launch, the Head Injury Channel has recently undergone a comprehensive updating to reflect the enormous advances that have occurred in the 2000’s in concussion management. Nearly twenty articles were added to an already extensive list of articles, and every existing article has been revised and will be reviewed by a neurosurgeon to ensure that the information we provide reflects the latest consensus of medical experts around the world on the subject of concussions, all in the direct, concise, easy-to-read format that has always been MomsTeam’s hallmark.

For many years, MomsTeam has been the leading source of concussion information for parents on the Internet. We are proud of what we have accomplished. ESPN, Time and the NY Times relied on MomsTeam to provide an extensive education for their concussion series.

MomsTeam Health and Safety editors and writers, along with the MD experts, continue to provide advice, support, and articles on concussion management and the dangers of concussions. Our goal now, as it was in 2001, is to do everything we can to minimize the long-term risks that concussions, if not properly managed, pose to athletes and, above all, to make sure that no parent, uncle, or community will again have to mourn the death of an athlete dying young. **To do this we are seeking sponsors to join our team.**

Concussion Safety Center Abstract Policy

Our policy is to grant permission, to our partners, the use of our articles in abstract for with a link to the full article. The **MomsTeam** **Concussion Safety Center** has over three-hundred pages of information. The section is regularly updated and reviewed and a number of new articles and videos are regularly co-produced by the editorial staff and the sports experts for each center. New articles are being developed on an ongoing basis. By using an abstract and a link, you as our partner will make sure that your visitors and members are getting the most up to date content available.

Below is our complete catalog of print articles, video and blogs.

MomsTeam ® Concussion Center

Article | Video | Blog Abstracts

## Articles

*ARTICLE:*[**Concussion Signs and Symptoms: Physical, Cognitive, Emotional and Sleep**](http://www.momsteam.com/health-safety/concussion-safety/concussion-signs-and-symptoms)

A concussion should be suspected when an athlete receives a direct or indirect blow to the head which causes him to experience any post-concussion signs or symptoms, including but not limited to loss of consciousness or post-traumatic amnesia. If any of such symptoms or problems is present, a head injury should be suspected and appropriate management, including monitoring for deterioration, begun.

*ARTICLE:* [**Concussions: Parents Are Critical Participants in Recognition, Treatment, Recovery**](http://www.momsteam.com/health-safety/parents-critical-participants-in-recognition-treatment-recovery-concussion)

## The subject of sports concussions has been in the news a lot lately. But while the recent media  focus has been on hits to the head in the National Football League which have led to player fines and may lead to suspensions, and to legislative action at the state and federal level on return to play guidelines, the important role parents play after their kids suffer concussions hasn't received the same kind of attention. The fact is that parents are critical participants in the recognition and treatment of, and recovery from, a concussion, not only in the first 24 to 48 hours but during every step in the process towards an eventual return to the play.

## *ARTICLE:* [Concussion Follow-Up](http://www.momsteam.com/health-safety/follow-up-evaluation-concussion)

After the initial sideline assessment, an athlete with a suspected concussion should not be left alone, should be monitored for deteriorating mental status over the next few hours, and should be further evaluated in a hospital emergency room or doctor's office.

## *ARTICLE:* [Concussion History Important](http://www.momsteam.com/health-safety/concussion-safety/general/concussion-history-important)

Concussion experts agree that the taking of a detailed concussion history is a valuable part of the evaluation of an injured athlete and when conducting a pre-participation physical examination.

## *ARTICLE:* [Concussion Signs Requiring Immediate Hospitalization](http://www.momsteam.com/health-safety/signs-requiring-immediate-hospitalization-after-concussion)

In first 24 to 48 hours after suspected concussion, an athlete should be monitored by a parent or other responsible adult  for signs that require immediate hospitalization.

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## *ARTICLE:* [Concussions: Proactive Parents Needed](http://www.momsteam.com/health-safety/concussions-proactive-parents-needed)

Parents need to be proactive in order to minimize the risks that their child will suffer a concussion while playing sports and, more important, is not allowed to return to play too soon.

## *ARTICLE:* [Pre-Season Concussion Safety Meetings](http://www.momsteam.com/health-safety/concussion-safety/general/pre-season-concussion-safety-meetings-every-team-should-have)

It is important for parents and athletes to be on the same page as the coaches and medical staff on the subject of concussions in sports. The best way is for the coach to hold a concussion education and safety meeting for parents and athletes before every season.

## *ARTICLE:* [[Sport Concussion Assessment Tool 2](http://www.momsteam.com/health-safety/sport-concussion-assessment-tool-evaluation-and-management)](http://www.momsteam.com/health-safety/sport-concussion-assessment-tool-information-on-evaluation-and-management)

The SCAT2 is a standardized method of evaluating injured athletes for concussion ages 10 years and older. Although designed for use by medical and health professionals, it includes advice for athletes and parents about signs to watch for in the first 24 to 48 hours after suspected concussion and a list of other important points, including the need for rest and avoiding strenuous activity, and not training or playing sport until medically cleared.

### *ARTICLE:* [Concussion Bill of Rights #5: Neuropsychological Testing for Athletes In Contact Sports](http://www.momsteam.com/health-safety/concussion-bill-of-rights-5-neuropsychological-testing-for-athletes-in-contact-sports)

With several recent studies demonstrating the clinical value of neuropsychological (NP) testing in evaluating the cognitive effects of and recovery from sport-related concussions, such testing has become increasingly popular in recent years, with the 2008 Zurich consensus statement on sports concussions1 viewing NP testing as an "aid in the clinical decision-making process" and an "important component in any return to play protocol."

*ARTICLE:* [**Concussion Management Advice From NATA**](http://www.momsteam.com/health-safety/concussion-safety/general/concussion-management-advice-from-nata)

In recent years, new scientific research and clinical-based literature have given the athletic training and medical professions a wealth of updated information on the treatment of sport-related concussion. To provide athletic trainers, physicians, other medical professionals, parents and coaches with recommendations based on these latest studies, the National Athletic Trainers' Association (NATA) has developed a set of guidelines to prevent and manage sport-related concussion and improve decisions about whether an athlete should or should not return to play after experiencing head trauma.

*ARTICLE:* [**Balance Error Scoring System: Important Tool in Assessing Concussion**](http://www.momsteam.com/health-safety/BESS-balance-error-scoring-system-assessing-balance-on-the-sports-sideline)One of the signs of concussion is poor balance. An athlete's balance and equilibrium can be tested quickly on the sideline through use of the Balance Error Scoring System (BESS), which consists of 3 tests lasting 20 seconds each, performed on two different surfaces, firm and foam.

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*ARTICLE:* [**Second Impact Syndrome: A Rare But Usually Fatal Condition**](http://www.momsteam.com/health-safety/concussion-safety/general/second-impact-syndrome-signs-and-symptoms)

Second Impact Syndrome (SIS) occurs when an athlete who sustains a head injury - often a concussion or worse injury, such as a cerebral contusion (bruised brain) - sustains a second head injury before symptoms associated with the first have cleared. Typically, the athlete suffers post-concussion signs and symptoms after the first head injury, such as headache, visual, motor or sensory changes or mental difficulty, especially with the thought and memory process. Before these symptoms have cleared, which may take minutes, hours, days or weeks, the athlete returns to competition and receives a second blow to the head.

## *ARTICLE:* [Youth Ice Hockey Safety Tips](http://www.momsteam.com/sports/hockey-ice/safety/youth-ice-hockey-safety-tips)

Each year, almost 87,000 hockey-related injuries to youths under age 15 are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms. The total cost of these hockey-related injuries was more than $978 million in 2006. This amount includes medical, legal and liability, work loss, and pain and suffering costs.

## *ARTICLE:* [Concussion Risk in Youth Ice Hockey Triples When Body-Checking Allowed](http://www.momsteam.com/health-safety/body-checking-triples-concussion-risk-in-youth-ice-hockey-study)

A Canadian study finding that the risk of concussion  in youth ice hockey leagues that allow body-checking is triple that in leagues that do not, is likely to fuel calls to extend the ban on body-checking to 11- and 12-year-olds playing at the Pee Wee level.

## *ARTICLE:* [Anticipating Body-Checks May Reduce Youth Ice Hockey Concussion Risk: Study](http://www.momsteam.com/health-safety/anticipating-body-check-may-reduce-youth-ice-hockey-concussion-risk)

Teaching youth hockey players to anticipate collisions by using the "ready" position may reduce the risk of concussions in hockey, say the authors of a first-of-its-kind study of head impact severity among youth ice hockey players.  The study is reported in the June 2010 journal *Pediatrics.*

*ARTICLE:* [**Coaches: Part of Concussion Solution or Problem?**](http://www.momsteam.com/team-of-experts/coaches-part-of-concussion-problem-or-solution)

While there are many coaches who take concussions very seriously, there are still far too many in this country who berate and ostracize players complaining of concussion symptoms.  Coaches can be part of the concussion solution by encouraging reporting of symptoms by athletes and their teammates, and making failure to do so a violation of team rules.

## *ARTICLE:* [Pre-Season Concussion Safety Meetings](http://www.momsteam.com/health-safety/concussion-safety/general/pre-season-concussion-safety-meetings-every-team-should-have)

It is important for parents and athletes to be on the same page as the coaches and medical staff on the subject of concussions in sports. The best way is for the coach to hold a concussion education and safety meeting for parents and athletes before every season.

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*ARTICLE:* [**Sport Concussion Evaluation and Management Still Matter Of Clinical Judgment**](http://www.momsteam.com/health-safety/concussion-safety/general/sport-concussion-evaluation-and-management-involves-many-fac)

Team, physicians, athletic trainers, and other medical personnel responsible for the medical care of athletes face no more challenging problem than the recognition and management of concussion. Precisely how long a concussion disrupts the metabolic function of the brain is not presently fully understood, and there are no current neuroanatomic or physiologic measurements that can be used to precisely determine the extent of injury in concussion, the severity of metabolic dysfunction or precisely when it has cleared.

## *ARTICLE:* [What is A Concussion?](http://www.momsteam.com/health-safety/what-is-concussion-definition-and-common-features)

A concussion is an injury to the brain that results in the temporary loss of normal brain function and can have serious, long-term consequences.  Each concussion is unique but shares five common features.

*ARTICLE:* [**Concussion Effects May Linger, New Study Says**](http://www.momsteam.com/health-safety/persistent-effects-concussion)

That sports concussions have an adverse short-term effect on cognitive functioning has long been known.  But a new study by researchers in the Department of Kinesiology and Community Health at the University of Illinois supports a growing body of evidence that the injury could have effects that linger for years.

*ARTICLE:* [**Death of Ex-NFL Star Highlights Need for Vigilance on Concussions**](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/death-of-ex-nfl-star-highlights-need-for-vigilence-on-con)

The finding by a neuropathologist that brain damage from repeated concussions suffered by former NFL star Andre Waters likely led to his depression and ultimate death by suicide in November 2006 highlights once again the critical need for parents and youth athletes to become educated and proactive about concussions.

*ARTICLE:* [**Concussions Linked to Depression, Study Says**](http://www.momsteam.com/health-safety/concussion-safety/news-studies/concussions-linked-to-depression-study-says)

A new Canadian study of elite athletes playing contact sports suggests that the symptoms of depression some athletes experience in the weeks, months and even years after a concussion may be the result of physical changes in their brains caused by the concussions themselves.

## *ARTICLE:* [Concussion Knowledge Needed In Minor League Hockey](http://www.momsteam.com/health-safety/concussion-knowledge-needed-hockey)

A Canadian study of minor league hockey found that serious misconceptions existed among players, athletes, coaches and parents when it came to understanding the signs and symptoms of concussion and its treatment.

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*ARTICLE:* [**Should Concussion Be Called Mild Traumatic Brain Injury Instead?**](http://www.momsteam.com/health-safety/concussion-label-sends-wrong-message-use-MTBI-mild-traumatic-brain-injury-instead)

Does labeling a child's head injury as a "concussion" convey the wrong message to parents, athletes and athletic trainers about its seriousness? Perhaps, say the authors of a Canadian study reported in the February 2010 issue of the journal *Pediatrics*. Instead, they suggest that to encourage full reporting of head injuries in sports and to allow adequate management and recovery time the term "mild traumatic brain injury" (MTBI) be used in its place.

## *ARTICLE:* [Tebow Concussion, NFL Dementia Study Are Teachable Moments](http://www.momsteam.com/health-safety/tebow-concussion-nfl-dementia-study-are-teachable-moments)

Concussion continue to be in the news.  Which is a good thing, because the media coverage provide teachable moments.  But what lessons should parents of youth and high school athletes take away from concussions suffered by comic Conan O'Brien, Florida quarterback Tim Tebow, and the NFL's reaction to its own study showing an alarmingly high incidence of early dementia in former players?  The answers may surprise you.

## *ARTICLE:* [Not Wearing Helmet Increases Head Injury Risk for Snowboarders, Skiers](http://www.momsteam.com/health-safety/not-wearing-helmet-increases-head-injury-risk-snowboarders-skiers)

The risk of head injury and of loss of consciousness increases for skiers and snowboarders who are not wearing a helmet when they fall, a new study says.

## *ARTICLE:* [Head Impacts Greater Among High School Football Players](http://www.momsteam.com/sports/study-finds-head-impacts-among-high-school-football-players-greater-than-collegiate-level)

A new NATA study shows that high school football players sustain greater head accelerations after impact during play than do college-level football players - forces which can lead to concussions and serious cervical spine injuries.  Teaching proper tackling technique to avoid helmet-to-helmet contact is critical, say the study’s authors.

## *ARTICLE:* [Gender and Concussion History Affect Recovery, Study Finds](http://www.momsteam.com/health-safety/gender-and-concussion-history-affect-recovery-study-finds)

Female soccer players and soccer players who have had a previous concussion recuperate differently from males or players without a history of concussion, new research shows.  The results of the study suggest that physicians should not be taking a one-size-fits-all approach to treating concussions and that individualized concussion management is required.

*ARTICLE:* [**Simple v. Complex Concussion Classification Abandoned**](http://www.momsteam.com/health-safety/concussion-safety/treatment-management/concussion-management-an-evolutionary-process)

The current international consensus of concussion experts recognizes that they lack the ability to predict injury severity or outcomes at the time of concussion injury, calls for consideration of range of "modifying factors."

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*ARTICLE:* [**Head Injury Doubles Risk Of Second Within 6 Months, Study Says**](http://www.momsteam.com/health-safety/concussion-safety/news-studies/head-injury-doubles-risk-of-second-within-6-months-stud)

An April 2007 Canadian study found that children receiving emergency room treatment for a head injury (HI) are nearly twice as likely to experience another HI requiring medical attention in the next six months compared to children who initially visited the ER for a non-head related injury. The Canadian study is consistent with earlier study finding that once an athlete suffers a concussion, the risk of suffering a second concussion is three to four times greater.

## *ARTICLE:* [Concussions Statistics in High School Sports](http://www.momsteam.com/health-safety/concussion-rates-high-school-sports)

Football remains the sport in which athletes are most at risk of concussions, but other sports (basketball, softball, soccer, baseball, rugby and ice hockey) have moderate to high incidences of concussion as well, and the overall concussion rate has almost doubled from 5.5% to 8.9% in five years, this according to a study in the Winter 2007-2008 Journal of Athletic Training.

*ARTICLE:* [**More Concussions, Longer Recovery for Girls**](http://www.momsteam.com/health-safety/concussion-safety/news-studies/more-concussions-longer-recovery-for-girls)

A study in the Winter 2007-2008 edition of Journal of Athletic Training reports a number of surprising findings about girls and concussions, among them that girls appear more susceptible to concussions to concussions in sports like soccer and basketball than boys and that they took much longer than boys to recover from their symptoms and return to play.

## *ARTICLE:* [High School and Pop Warner Football: Preventing Concussion, Serious Injury Or Death](http://www.momsteam.com/health-safety/high-school-and-pop-warner-football-preventing-concussion-serious-injury-or-death)

Preventing serious injury (concussion, traumatic brain injury, spinal paralysis) or death in high school and Pop Warner football; advice from the National Center for Catastrophic Sports Injury Research on football safety

## *ARTICLE:* [Proper Tackling Reduces Risk of Catastrophic Injury Says Ex-Pro](http://www.momsteam.com/health-safety/proper-tackling-technique-reduces-risk-catastrophic-injury-says-former-pro-player)

A former pro football player says that teaching proper tackling technique so that players don't lead their helmets when making tackles can reduce the risk of catastrophic head and neck and spine injuries in football and give parents a little more peace of mind in watching their child play what is always going to be a dangerous game.

## *ARTICLE:* [Youth and High School Football Safety](http://www.momsteam.com/sports/football-safety-prevention-catastrophic-injuries)

To reduce the number of serious head, neck and spine injuries in youth and high school football, experts recommend that coaches stress the teaching of proper tackling techniques that avoid helmet-to-helmet contact.

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## *ARTICLE:* [Preventing Concussions and Catastrophic Injuries in Sports](http://www.momsteam.com/health-safety/concussion-prevention)

Advice on ways to prevent concussions and reduce the number of fatalities and catastrophic injuries in school sports such as football, soccer, ice hockey, swimming, diving, track and field, cheerleading, spirit and competitive cheer.

*ARTICLE:* [**New Technology May Lead To Fewer Concussions, Better Management**](http://www.momsteam.com/health-safety/concussion-safety/safety-equipment/new-technology-promises-fewer-concussions-better-ma)

Concussions are a fact of life in football, regardless of the level - youth, high school, college or the pros. Most of the football helmets currently in use do little if anything to protect brains from the forces that cause concussions. But technological advances in helmet design, while they may not make concussions in football a thing of the past, hold out at least the promise of a significant reduction in the number and severity of concussions.

## *ARTICLE:* [Concussion Follow-Up](http://www.momsteam.com/health-safety/follow-up-evaluation-concussion)

After the initial sideline assessment, an athlete with a suspected concussion should not be left alone, should be monitored for deteriorating mental status over the next few hours, and should be further evaluated in a hospital emergency room or doctor's office.

## *ARTICLE:* [Concussion Signs Requiring Immediate Hospitalization](http://www.momsteam.com/health-safety/signs-requiring-immediate-hospitalization-after-concussion)

In first 24 to 48 hours after suspected concussion, an athlete should be monitored by a parent or other responsible adult  for signs that require immediate hospitalization.

## *ARTICLE:* [Neuropsychological Testing For Concussions](http://www.momsteam.com/health-safety/concussion-safety/recognition-evaluation/neuropsychological-testing-for-concussions)

Baseline and post-concussion neuropsychological (NP) testing is now recommended for all athletes in sports with a high risk of concussion (e.g. football, lacrosse, hockey, soccer, basketball), regardless of age or level of performance, but the timing and type of testing may need to be adjusted for children and adolescents.

*ARTICLE:* [**Concussion Grading Scales, Simple v. Complex Classification Jettisoned**](http://www.momsteam.com/health-safety/concussion-safety/recognition-evaluation/determining-concussion-severity-a-new-approac)

"Simple" versus "complex" concussion classification abandoned under the 3rd international consensus statement on concussion in sport, replaced by list of "modifying" factors.



## *ARTICLE:* [Standardized Assessment of Concussion: A Valuable Tool for Sideline Evaluation](http://www.momsteam.com/health-safety/concussion-safety/recognition-evaluation/standardized-assessment-of-concussion-a-valua)

The emerging model of sport concussion assessment now involves the use of brief screening tools to evaluate post-concussion signs and symptoms on the sideline immediately after a concussion and neuropsychological testing to track recovery further out from the time of injury. One of the tools of value for sideline evaluation is called the Standardized Assessment of Concussion.

## *ARTICLE:* [Post-Traumatic Amnesia Is Factor in Concussion Management](http://www.momsteam.com/health-safety/concussion-safety-amnesia-post-traumatic-retrograde)

Among the symptoms that a concussion victim sometimes experiences is amnesia, which can take two forms: post-traumatic amnesia (PTA) or anterograde amnesia (reduced ability to form new memories) and retrograde amnesia (RGA)(partial or total loss of the ability to recall events that occurred during the period immediately preceding brain injury).

## *ARTICLE:* [Certified AthleticTrainers: Every High School Should Have One](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-4-a-certified-athletic-trainer-)

Among the things which increase the anxiety level of parents of children playing contact sports is the fact that many high school programs don't employ athletic trainers who have received training in recognizing the often subtle signs of a concussion. Thus, the fourth point in the Parent's Bill of Rights on Concussions is the right to expect that a certified athletic trainer (ATC) be on staff.

*ARTICLE:* [**Loss of Consciousness Not Required For Concussion Finding**](http://www.momsteam.com/health%2Band%2Bsafety/loss-of-consciousness-not-required-for-concussion-finding)

Study shows LOC of greater than one minute duration may be associated with delayed return to play.  As a result, current international consensus statement lists prolonged LOC as a factor that may influence management of such concussions.

## *ARTICLE:* [No Same Day Return To Play After Concussion](http://www.momsteam.com/health-safety/no-same-day-return-play-after-concussion)

The most recent international consensus of concussion experts is that a young athlete with diagnosed concussion should not be allowed to return to play on the day of injury, regardless of the medical resources available and regardless of the level of athletic performance (in other words, even for an "elite" athlete).

## *ARTICLE:* [Applying Concussion Guidelines in Real World: Return to Play Advice Will Vary](http://www.momsteam.com/health-safety/concussion-safety/return-to-play/applying-concussion-guidelines-in-real-world-return-t)

The question of when it is safe for your child to return to the playing field after suffering a concussion is largely a matter of clinical judgment on an individualized basis, but some hard and fast rules do apply.

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*ARTICLE:* [**More Conservative Approach to Concussions in Children, Teens Recommended**](http://www.momsteam.com/health-safety/concussion-safety/more-conservative-approach-concussions-in-children-teens-recommended)

Because the brain of the young athlete is still developing, with even subtle damage leading to learning deficits adversely affecting development, and with studies showing younger athletes recover more slowly than adults, all of the recent consensus statements on sport-related concussions recommend a more conservative approach to concussion management for the youth athlete than for older athletes.

## *ARTICLE:* [Concussion Return to Play Guidelines: Longer Recovery Time Needed, Says Doctor](http://www.momsteam.com/health-safety/concussion-return-play-guidelines-longer-recovery-time-needed-says-doctor)

If it was up to Dr. Lester Mayers, young athletes who suffer sports concussions would be not be allowed to return to play (RTP) for 4 to 6 weeks after injury, a significant departure from current concussion guidelines which allow RTP 1 to 2 weeks after an athlete's concussion signs and symptoms clear, both at rest and during exercise.

## *ARTICLE:* [Concussion Bill of Rights #5: Neuropsychological Testing for Athletes In Contact Sports](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-5-neuropsychological-testing-fo)

Parents should have the right to expect, if their child is playing contact sports, that he or sheundergopre-season baseline and post-injury neuropsychological testing as the current consensus statement on concussions recommends for athletes in such sport, regardless of age or competitive level.

*ARTICLE:* [**Return to Play for Kids: Take It Step By Step**](http://www.momsteam.com/health-safety/concussion-safety/return-to-play/concussion-return-to-play-step-by-step-approach-recom)

The 3rd International Conference on Concussion in Sport held in Zurich in 2008  recommends a four-step return to play process of rest and a stepwise return to game play (light aerobic exercise, sport-specific exercise, non-contact drills, full contact drills, medical clearance and then game play).  Experts say children and adolescents may require a longer rest period and/or extended period of non-contact exercise than adults because children and teens experience a different
physiological response to concussion than adults, take longer to recover, and have other unique risk factors.

## *ARTICLE:* [Basic Information About Football Helmets](http://www.momsteam.com/basic_information_football_helmets_reconditioning_recertification_concussion)

Players come and go, but football helmets get passed on to new players, season after season, year after year.  Here's some basic information parents should know about the football helmets their children are wearing.

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*ARTICLE:* [**Soccer Headgear: Look for Headgear Meeting ASTM Standard**](http://www.momsteam.com/sports/soccer-headgear-and-astm-product-performance)

Soccer headgear may reduce injury risk from collision of head with hard surface (another head, ground, goalpost) but not from repeated heading of soccer ball.

*ARTICLE:* [**New Technology May Lead To Fewer Concussions, Better Management**](http://www.momsteam.com/health-safety/concussion-safety/safety-equipment/new-technology-promises-fewer-concussions-better-ma)

Concussions are a fact of life in football, regardless of the level - youth, high school, college or the pros. Most of the football helmets currently in use do little if anything to protect brains from the forces that cause concussions. But technological advances in helmet design, while they may not make concussions in football a thing of the past, hold out at least the promise of a significant reduction in the number of concussions.

## *ARTICLE:* [Concussion Evaluation and Management Involves Many Factors](http://www.momsteam.com/health-safety/concussion-evaluation-management-involves-many-factors)

The current international consensus statement on concussion in sport lists a range of factors that may influence the evaluation and management of concussion and in some cases predict the potential for a prolonged recovery.

## *ARTICLE:* [When CT or MRI Recommended After Concussion](http://www.momsteam.com/health-safety/when-ct-or-mri-recommended-after-concussion)

Concussions are typically associated with grossly normal structural neuroimaging studies. In other words, unlike other injuries, concussions are usually injuries no one sees and, contrary to popular belief, don't show up on most magnetic resonance imaging (MRI) exams or CAT scans. As a result, conventional CT or MRI scans of the brain are usually not needed where post-concussion symptoms are mild and clear within a week to ten days. A CT or MRI is, however, recommended in some circumstances

## *ARTICLE:* [Multiple Concussions: Important Factor In Concussion Management](http://www.momsteam.com/health-safety/concussion-safety/multiple-concussion-history-important-factor-in-concussion-management)

A multiple concussion history, especially where concussions occur with progressively less impact force, are considered modifying factors in the investigation and management of concussion under the current international consensus statement on concussions.

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*ARTICLE:* [**Close Monitoring After Concussion Required**](http://www.momsteam.com/health-safety/concussion-safety/treatment-management/close-monitoring-after-concussion-advised)

Because deteriorating mental status after an athlete suffers a concussion may indicate a more serious, potentially life-threatening brain injury, parents and other caregivers need to monitor concussed athletes in the first 24 to 48 hours after a concussion and take the athlete to the emergency room if any such signs are present.

## *ARTICLE:* [Parent's Role After Concussion Occurs: Be Proactive](http://www.momsteam.com/health-safety/concussion-safety/parents-need-to-be-proactive-in-concussion-recovery-treatment)

Parents can’t be passive bystanders when it comes to the subject of concussions in sports. There are many things parents can do to minimize the risks that their child will suffer a concussion while playing sports and, more importantly, is not allowed to return to play too soon.

*ARTICLE:* [**Athletic Trainer Plays Key Role In Initial Recognition, Evaluation of Concussion On Sports Sideline**](http://www.momsteam.com/health-safety/athletic-trainer-plays-key-role-in-concussion-recognition-evaluation-on-sports-sideline)

Because physicians are present at relatively few youth sports practices and games, initial evaluation and management of head and neck injuries is usually performed, at least at the high school level, by a certified athletic trainer (ATC). The ATC is an invaluable member of the sports medicine team, particularly when an athlete suffers a concussion.

*ARTICLE:* [**Head Impacts Greater Among High School Football Players**](http://www.momsteam.com/sports/study-finds-head-impacts-among-high-school-football-players-greater-than-collegiate-level)

A new NATA study shows that high school football players sustain greater head accelerations after impact during play than do college-level football players - forces which can lead to concussions and serious cervical spine injuries.  Teaching proper tackling technique to avoid helmet-to-helmet contact is critical, say the study’s authors.

## *ARTICLE:* [Concussion Education and Safety Meetings: Never Too Late To Hold One](http://www.momsteam.com/sports/concussion-education-and-safety-meetings-never-too-late)

Even though football season is well underway, if your child's program hasn't held a concussion education and safety meeting for parents and athletes, it's not too late.

## *ARTICLE:* [Youth Football Safety: Proper Equipment A Key to Preventing Injuries](http://www.momsteam.com/sports/football-tackle/safety/youth-football-safety-proper-equipment-a-key-to-prevention-of-injury)

Each year, more than 448,000 football-related injuries to youths under age 15 are treated in hospitals, doctors' offices, clinics, ambulatory surgery centers and hospital emergency rooms.

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*ARTICLE:* [**Football Leads in Concussions, Catastrophic Injuries**](http://www.momsteam.com/sports/football-tackle/safety/football-leads-in-concussions-catastrophic-injuries)

According to research by The New York Times, at least 50 youth football players (high school or younger) from 20 different states have died or sustained serious head injuries on the field since 1997.

## *ARTICLE:* [Honest Self-Reporting Of Concussion Signs and Symptoms Critical](http://www.momsteam.com/sports/honest-self-reporting-concussions-high-school-football)

Honest self-reporting by athletes of concussion signs and symptoms, both their own and those of their teammates (such as by employing the same kind of buddy system football programs often employ to protect athletes from heat illness during hot weather practices and games) and not returning to play until all symptoms have cleared both at rest and with exercise is critical for the short- and long-term health of high school athletes.

## *ARTICLE:* [New Return-to-Play Concussion Rules Highlight Ice Hockey Rules Changes for 2010-11](http://www.momsteam.com/health-safety/new-return-play-concussion-rules-highlight-ice-hockey-rules-changes-2010-11)

New return-to-play rules for concussions rules highlight changes by the National Federation of State High School Associations (NFHS) for the 2010-2011 high school ice hockey season.

## *ARTICLE:* [Free, Online Concussion Training and Certification Program Now Available](http://www.momsteam.com/health-safety/free-online-concussion-training-certification-program-now-available)

The ACTive® sports concussion training and certification program is designed for volunteer youth sports coaches. Coaches taking the program have been shown to have much greater knowledge of concussion symptoms and increased confidence to make decisions about concussion management.

*ARTICLE:* [**Heading Soccer Ball Doesn't Cause Brain Damage: Study**](http://www.momsteam.com/sports/soccer/safety/heading-soccer-ball-does-not-cause-brain-damage-study-says)

The data does not support a finding that purposeful "heading" of a soccer ball leads to either short-term (acute) or cumulative brain damage, such as cognitive dysfunction, says a new study in *Pediatrics,* contradicting earlier studies.  Heading should only be taught, the study says, when the child is old enough to learn proper technique and has developed coordinated use of his or her head, neck, and trunk to properly contract the neck muscles and contact the ball with the forehead.

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*ARTICLE:* [**NFL players with Concussions Now Sidelined Longer**](http://www.momsteam.com/health-safety/nfl-players-with-concussions-now-sidelined-longer)

NFL players with [concussions](http://www.momsteam.com/node/130) now stay away from the game significantly longer than they did in the late 1990s and early 2000s, according to new research.

*ARTICLE:* [**Concussions Double For Younger Athletes In Team Sports, Study Finds**](http://www.momsteam.com/health-safety/concussions-double-among-younger-athletes-in-team-sports-study-finds)

The number of sport-related concussions is highest in high-school aged athletes, but the number among younger athletes is significant and on the rise, according to a first-of-its-kind study reported in the journal *Pediatrics*.  The number of concussions among athletes ages 7 to 13 in the top five team sports (football, basketball, baseball, soccer and ice hockey) doubled over a four year period, and the concussion rates among those playing ice hockey and football are eight- to ten-times higher than the overall  rate.

*ARTICLE:* [**Federal Youth Sports Concussion Law Needed, Experts Say**](http://www.momsteam.com/concussion/federal-youth-sports-concussion-law-needed-experts-say)

Traumatic brain injury takes such a toll on individuals and society that federal legislation to protect youth athletes from the devastating impact of sports-related concussion is needed, experts from the American College of Sports Medicine (ACSM) and the National Football League (NFL) said at a Congressional briefing.

*ARTICLE:* [**Sport-Related Concussion in Children and Adolescents**](http://www.momsteam.com/health-safety/sport-related-concussion-in-children-adolescents)

The American Academy of Pediatrics has issued a valuable new report outlining the current state of knowledge on pediatrics and adolescent sport-related concussions.

*ARTICLE:* [**State High School Athletic Associations Act on Concussion Safety**](http://www.momsteam.com/michigan/state-high-school-athletic-associations-act-concussion-safety)

In addition to the seven states that have passed concussion safety laws, new concussion safety rules have been enacted both by the National Federation of High School Associations (NFHS) and by individual state high school athletic associations in a number of states, including California, Delaware, Georgia, Michigan, New Jersey and Tennessee.

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*ARTICLE:* [**NJSIAA Concussion Guidelines Among Strictest in Country**](http://www.momsteam.com/new-jersey/njsiaa-concussion-guidelines-among-strictest-in-country)

The concussion identification, management and return-to-play policy statement of the New Jersey State Interscholastic Athletic Association (NJSIAA) is among the strictest in the country, requiring a 12-day minimum return-to-play waiting period for any athlete suspected of having suffered a concussion.

*ARTICLE:* [**Concussion Management Guidelines Are Just That: Guidelines**](http://www.momsteam.com/health-safety/concussion-safety/treatment-management/concussion-management-guidelines-are-just-that-)

While the 2000's have seen greater agreement by sport concussion clinicians, none of the three approaches to determining the severity of injury nor a single set of return to play guidelines has gained universal acceptance. Parents need to remember that, regardless of which set of guidelines their child's school or sports program follows, the guidelines are just that: guidelines, not ironclad rules. Each case should be reviewed, ideally by a medical doctor, on an individual basis to determine whether the child is able to return safely to sport.

*ARTICLE:* [**Concussion Experts Praise, Criticize NJSIAA Guidelines**](http://www.momsteam.com/health-safety/concussion-experts-praise-criticize-njsiaa-guidelines)

A panel of renowned medical experts in the field of sports related concussion both praised and criticized the recent [concussion policy](http://www.momsteam.com/node/3131) introduced by the New Jersey State Interscholastic Athletic Association (NJSIAA) at a sports concussion summit.

*ARTICLE:* [**Parents' Concussion Knowledge Limited But Support For Mandatory School Policies Strong**](http://www.momsteam.com/health-safety/parents-concussion-knowledge-limited-but-support-for-mandatory-school-policies-strong)A 2010 national survey by the C.S. Mott Children's Hospital and the University of Michigan of parents of children age 12 to 17 years playing school sports reported a surprising lack of knowledge by parents of concussion risks despite the fact that more than six in ten were at least somewhat worried their children will suffer a concussion while playing school sports.

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**Videos**

### *VIDEO:* [Parents and Athletes Need To Know Concussion Signs and Symptoms, Says Dr. Robert Cantu](http://www.momsteam.com/health-safety/educating-parents-about-concussions)

Dr. Robert Cantu says it is extremely important that parents and athletes recognize the [signs and symptoms of a concussion](http://www.momsteam.com/node/149).  Not only do athletes need to self-report symptoms, says Dr. Cantu, but they should let the coaching and medical staff know if a teammate is experiencing symptoms.  It just might [save his life](http://www.nytimes.com/glogin?URI=http://www.nytimes.com/2008/10/17/sports/17preps.html&OQ=_rQ3D1Q26emcQ3DtntQ26tntemail1Q3Dy&OP=773fad56Q2FKEkJKY6uqD66iLKLddfKedKe0Kq_6DiqKe0_Dk_qQ2BQ5DiBC).

### *VIDEO:* [Are All Concussions The Same?](http://www.momsteam.com/health-safety/concussions-all-the-same)

While concussions [share certain characteristics](http://www.momsteam.com/node/130), every concussion is unique to that particular individual, says Dr. Robert Cantu, and requires individualized management.

### *VIDEO:* [What is a Concussion?](http://www.momsteam.com/health-safety/what-is-a-concussion)

In layperson's terms, a concussion results from trauma (e.g. usually but not always a blow to the head, face or neck) which causes the brain - a jellylike structure which is normally protected from collisions with the skull by a tough, fluid-filled membrane - to collide with the skull.

### *VIDEO:* [Why Are Girls At Higher Risk Of Concussion Than Boys?](http://www.momsteam.com/health-safety/concussions-women-more-succeptible)

### The findings in a recent study in the *Journal of Athletic Training* that female athletes are more prone to concussions than male athletes and take longer to recover are hard to explain, says Dr. Robert Cantu, but may due to several factors.

### *VIDEO:* [Protective Headgear in Soccer May Reduce Concussion Risk](http://www.momsteam.com/health-safety/concussion-safety/prevention/protective-headgear-in-soccer-may-reduce-concussion-risk)

Jeff Skeen of Full90 Sports talks about and the role of protective headgear in reducing the risk of concussion and the difference between concussions, which occur as a result of contact between a player's head and a hard object (another player's head, the ground or the goalpost), and the kinds of brain injuries which can occur as a result of repeated heading of a soccer ball.

### *VIDEO:* [Recovering From A Sports Concussion: Not Just A Matter of Time](http://www.momsteam.com/health-safety/concussion-safety/recognition-evaluation/recovering-from-a-sports-concussion-not-just-)

Matt Stresak, Physician's Assistant at the Sports Concussion Institute in Marina del Rey, California, talks about the Institute's pro-active approach to concussion evaluation and management.

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### *VIDEO:* [What Are The Common Signs and Symptoms of Concussion?](http://www.momsteam.com/health-safety/common-signs-and-symptoms-of-concussion)

There are approximately twenty-five [signs and symptoms](http://www.momsteam.com/node/149), says Dr. Robert Cantu, coaches, athletic trainers, health care professionals, parents and athletes should look for as indicating an athlete has suffered a concussion.

### *VIDEO:* [Grading Sports Concussions After Symptoms Clear Has Value](http://www.momsteam.com/health-safety/how-is-the-severity-of-a-concussion-measured)

Dr. Robert Cantu says that while there is debate about the importance of grading concussions, he sees value, especially where an athlete has suffered multiple concussions and where the grading is done after the signs and symptoms have cleared.

### *VIDEO:* [Concussion Severity Determined By Number, Duration and Degree of Symptoms](http://www.momsteam.com/health-safety/concussions-without-loss-of-consciousness)

Duration, number and degree of post-concussion signs and symptoms determine concussion severity, says Dr. Robert Cantu.

### *VIDEO:* [What Are The Common Signs and Symptoms of Concussion?](http://www.momsteam.com/health-safety/concussions-most-common-signs-and-symptoms)

There are approximately twenty-five [signs and symptoms](http://www.momsteam.com/node/149), says Dr. Robert Cantu, coaches, athletic trainers, health care professionals, parents and athletes should look for as indicating an athlete has suffered a concussion.

### *VIDEO:* [Concussions in Soccer: More Common Than Parents Realize](http://www.momsteam.com/health-safety/concussion-safety/recognition-evaluation/concussions-in-soccer-more-common-than-parent)

Jeff Skeen of Full90 says concussions in soccer are lot more common than parents realize.

### *VIDEO:* [Athlete Experiencing Concussion Symptoms Should Be Absolutely Barred From Returning To Sports](http://www.momsteam.com/health-safety/no-athlete-should-be-allowed-to-return-to-play-while-experiencing-concussion-symptoms)

Dr. Cantu says that no one should return to play after a concussion while still experiencing symptoms.

### *VIDEO:* [What Are The Steps To Follow To Return To Play For Athlete Who Has Been Sidelined With A Concussion For Several Weeks?](http://www.momsteam.com/health-safety/return-to-play)

If an athlete has been sidelined by a concussion for several weeks or longer, Dr. Robert Cantu recommends that he follow a "stepwise" approach to return to play.

### *VIDEO:* [What is Second Impact Syndrome?](http://www.momsteam.com/health-safety/what-is-second-impact-syndrome)

Second-impact syndrome occurs when a high school athlete who sustains a head injury - often a concussion or worse injury, such as a cerebral contusion (bruised brain) - sustains a second head injury before symptoms associated with the first injury have cleared. The condition, while rare, causes a sharp increase in intracranial pressure that is almost always fatal, says Dr. Robert Cantu.

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### *VIDEO:* [Athlete Experiencing Concussion Symptoms Should Be Absolutely Barred From Returning To Sports](http://www.momsteam.com/health-safety/should-an-athlete-return-to-play-if-concussion-signs-clear-within-minutes)

Dr. Cantu says that no one should return to play after a concussion while still experiencing symptoms.

### *VIDEO:* [No Return to Play In Same Game or Practice After Concussion For Youth Athletes, Says Dr. Robert Cantu](http://www.momsteam.com/health-safety/concussion-safety/return-to-play/concussions-return-to-game)

Because of the risk to youth and high school athletes of suffering a second potentially fatal brain injury before the brain has healed from the initial injury - a condition called second impact syndrome - Dr. Cantu advises against allowing such athletes to return to play in the same game or practice after experiencing post-concussion signs or symptoms.

### *VIDEO:* [The Full90 Sports Story](http://www.momsteam.com/health-safety/concussion-safety/safety-equipment/reducing-concussion-risk-in-soccer-the-full90-story)

Jeff Skeen of Full90 Sports explains how daughter's concussion led to start of soccer headgear company.

### *VIDEO:* [Concussion Safety in Men's Lacrosse](http://www.momsteam.com/health-safety/concussion-safety/safety-equipment/concussion-safety-in-boys-lacrosse)

Neal Goldman, Brand Manager for Men's Lacrosse at Brine, talks about ways to reduce the risk of brain injury in boy's lacrosse.

### *VIDEO:* [Protective Headgear in Soccer May Reduce Concussion Risk But Offers No Protection From Effects Of Heading](http://www.momsteam.com/health-safety/concussion-safety/safety-equipment/protective-headgear-in-soccer-may-reduce-concussion)

Jeff Skeen of Full90 Sports talks about and the role of protective headgear in reducing the risk of concussion and the difference between concussions, which occur as a result of contact between a player's head and a hard object (another player's head, the ground or the goalpost), and the kinds of brain injuries which can occur as a result of repeated heading of a soccer ball.

### *VIDEO:* [History of Multiple Concussions Requires Special Attention, Says Dr. Robert Cantu](http://www.momsteam.com/health-safety/multiple-concussions-call-for-careful-individualized-evaluation)

Dr. Robert Cantu says it is not just the number of concussions an athlete suffers that are important in determining a course of treatment, but their severity, how close together they occurred in time, and how severe the blow that caused them.  "There is no magic number" of concussions disqualifying an athlete from further play that season or is considered career-ending, Dr. Cantu explains.  Individualized management is required which takes into account the totality of circumstances.



### *VIDEO:* [Follow-Up Care For Athletes Whose Concussion Symptoms Persist Or Get Worse](http://www.momsteam.com/health-safety/concussion-one-week-later)

Dr. Robert Cantu recommends parents seek additional testing and evaluation if their child's post-concussion signs and symptoms do not clear within a week to 10 days or increase in number or severity.

### *VIDEO:* [History of Multiple Concussions Requires Special Attention, Says Dr. Robert Cantu](http://www.momsteam.com/health-safety/multiple-concussions)

Dr. Robert Cantu says it is not just the number of concussions an athlete suffers that are important in determining a course of treatment, but their severity, how close together they occurred in time, and how severe the blow that caused them.  "There is no magic number" of concussions disqualifying an athlete from further play that season or is considered career-ending, Dr. Cantu explains.  Individualized management is required which takes into account the totality of circumstances.

### *VIDEO:* [Baseline and Post-Injury Neuropsychological Testing Valuable Tool in Concussion Management Says Dr. Robert Cantu](http://www.momsteam.com/health-safety/baseline-and-post-injury-neuropsychological-testing)

Computerized baseline pre-injury and post-injury neuropsychological testing can be an important part of concussion management, says Dr. Robert Cantu, particularly in terms of identifying cognitive impairment, but  isn't foolproof, does not allow a "red light/green light" decision on return to play, and is only one piece of the assessment puzzle.

### *VIDEO:* [The Importance of Physical and Cognitive Rest in Concussion Recovery](http://www.momsteam.com/health-safety/cognitive-rest)

Both physical and cognitive rest are important after a child suffers a concussion playing sports in order to allow the brain to heal, says Dr. Robert Cantu.

### *VIDEO:* [Monitoring Your Child After a Concussion](http://www.momsteam.com/health-safety/monitoring-your-child-after-a-concussion)

Regular post-concussion monitoring is essential in the first 24 to 48 hours after injury to check for signs of deteriorating mental status that may indicate a more serious injury, says Dr. Robert Cantu.

### *VIDEO:* [When Should Your Child See A Concussion Specialist?](http://www.momsteam.com/health-safety/most-serious-concussion-symptoms)

Only where an athlete continues to experience post-concussion signs or symptoms for more than a week is consultation with a concussion specialized advised, says Dr. Robert Cantu.

### *VIDEO:* [Sports Concussion Expert, Dr. Robert C. Cantu, Talks About Supporting MomsTeam's Educational Mission](http://www.momsteam.com/team-of-experts/momsteam-concussions-expert-dr-robert-cantu)

Noted sports concussion expert, Dr. Robert C. Cantu, discusses how he became involved in MomsTeam's efforts to educate parents about concussions.



**Blogs**

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[Playing from the Same Playbook on Concussions](http://www.momsteam.com/team-of-experts/playing-from-the-same-playbook-on-concussions)

[Concussion Right #1: Pre-Season Safety Meeting](http://www.momsteam.com/team-of-experts/concussion-right-1-pre-season-safety-meeting)

[Concussion Bill of Rights #2: Coaches Need To Be Part of Solution, Not the Problem](http://www.momsteam.com/health-safety/concussion-bill-of-rights-2-coaches-need-to-be-part-of-solution-not-the-problem)

[Concussion Bill of Rights #3: Adoption and Enforcement of Conservative Evaluation & Return-to-Play Guidelines](http://www.momsteam.com/health-safety/concussion-bill-of-rights-3-adoption-and-enforcement-of-conservative-evaluation-return)

[Concussion Bill of Rights # 4: An Athletic Trainer Should Be On Staff](http://www.momsteam.com/health-safety/concussion-bill-of-rights-4-an-athletic-trainer-should-be-on-staff)

[Concussion Bill of Rights #5: Neuropsychological Testing for Athletes In Contact Sports](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-5-neuropsychological-testing-fo)

[Concussion Bill of Rights #6: Information to Parents on Follow-Up Care and Written Consent Before Return to Play](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-6-information-to-parents-on-fol)



*Blogs-continued*

[Concussion Bill of Rights #8: Paramedics Present At All Football Games](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-8-paramedics-present-at-all-foo)

[Concussion Bill of Rights #9: Coaches and Officials with Safety Training/Certification](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-9-coaches-and-officials-with-sa)

[Concussion Bill of Rights #10: Game Officials Have Power to Send Athlete to Sideline for Concussion Evaluation](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-10-game-officials-have-power-to)

[Concussion Bill of Rights #11: Pre-Participation Evaluations For All Youth Athletes](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-11-pre-participation-evaluation)

[Concussion Bill of Rights #12: National Sports Bodies and Pro Leagues Take Concussions Seriously](http://www.momsteam.com/team-of-experts/brooke-de-lench/editorials/concussion-bill-of-rights-12-national-sports-bodies-and-p)

### [Team Approach to Concussions](http://www.momsteam.com/team-of-experts/team-approach-to-concussions)

### [Football: Injury Preventive Tackling Safety Education and Training.](http://www.momsteam.com/sports/football-injury-preventive-tackling-safety-education-and-training)

### [Concussions Bench Pros...So Why Not Our Kids?](http://www.momsteam.com/concussions-bench-prosso-why-not-our-kids)

### [NHL Ban on Blindside Hits Deserves Ringing of Cow Bell](http://www.momsteam.com/health-safety/nhl-ban-blindside-hits-deserves-ringing-cow-bell)

### [N.F.L. Concussion Message: Do As We Say, Not As We Do](http://www.momsteam.com/health-safety/nfl-concussion-message-do-as-we-say-not-as-we-do)

### [Concussions: Follow The Leader?](http://www.momsteam.com/health-safety/concussions-leader-parents-education)

### [Concussions in the News](http://www.momsteam.com/health-safety/nfl-study-tebow-concussion-are-teachable-moments)

### [New Law On Sports Concussions: A Great Step In the Right Direction](http://www.momsteam.com/health-safety/legislation-requiring-pre-season-concussion-education-is-great-idea)

### [Up to Moms to Protect Kids From Serious Head Injuries in Football](http://www.momsteam.com/health-safety/moms-force-football-coaches-leagues-take-head-injury-prevention-seriously)

### [New Concussion Rule for High School Wrestling Is A Good Move](http://www.momsteam.com/health-safety/new-concussion-rule-high-school-wrestling-is-good-move-by-NFHS)

