

# CONCUSSION

## Fact Sheet for Parents and Student Athletes

If you think you have a concussion: Don't hide it. Report it.

Take time to recover.

It's better to miss one game than the whole season.

### Facts:

- Type of Traumatic Brain Injury, (TBI)
- All concussions are serious
- Most concussions occur without loss of consciousness
- Can range from mild to severe
- Presents itself differently for each athlete
- Symptoms can present 0-72 hours after injury
- When in doubt, sit them out

### Danger Signs:

- If one or more of these symptoms occur, dial 911 or go immediately to the Emergency Room
- One pupil larger than the other
  - Cannot be awakened
  - Worsening headache
  - Vomiting
  - Slurred speech
  - Convulsions or seizures
  - Increased confusion
  - Restlessness or agitation
  - Loses consciousness

For more information and safety

Resources visit: [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

### Signs and Symptoms:

- Headache or "pressure"
- Dizziness
- Memory loss of events prior to following injury
- Ringing in ears
- Blurred or double vision
- Sleepiness
- Balance problems
- Mood or personality changes
- Nausea
- Confusion
- Don't "feel right"
- Difficulty with concentration
- Sensitivity to light or noise
- Loses consciousness
- Appears dazed or stunned
- Unsure of game, score, opponent or sports plays

### Action Plan:

- Immediately remove athlete from play
- Athlete/parent/guardian should self-report signs and symptoms to athletic trainer and be evaluated by an appropriate health care professional prior to participating in practice/games.

### Prevention:

- Do **NOT** initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head
- Practice good sportsmanship
- Practice and perfect the skills of the sport

### Rest Recover:

- During the recovery process, athletes must maintain cognitive and physical rest
- A repeat concussion that occurs prior to the brain recovering first can slow recovery or increase the changes for long-term problems such a brain swelling, permanent damage, and rarely DEATH.

### Return to Play:

- Light aerobic activity/walking/stationary bike
  - No resistance training
- Sport specific training
  - No resistance training
- NO contact practice
  - Resistance training ok
- Full contact practice
- Unrestricted return to competition

**You must complete each state symptom free BEFORE advancing**

# Health Highlights

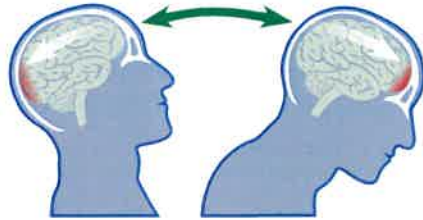
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## More Than a Headache

The Whats, Whys, Dos and Don'ts of Concussion

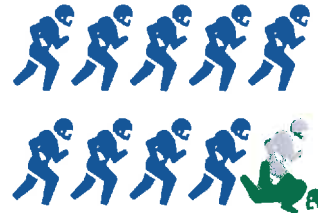
### What you need to know

A **concussion** occurs when an impact or force causes the head to violently move. As the brain moves inside the skull, the brain tissue is stretched resulting in concussion symptoms.



**You don't need to be "knocked out" to have a concussion.**

Less than 1 in 10 people with concussion lose consciousness.



**You don't have to hit your head.**

An impact anywhere on your body or a sudden deceleration/acceleration can cause brain injury.



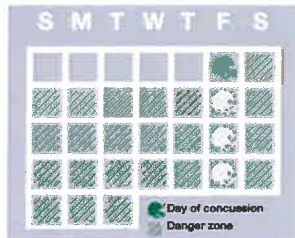
**Common symptoms include:**

- Headache
- Dizziness
- Nausea
- Confusion
- Concentration and memory complaints
- Loss of memory
- Irritability/personality changes
- Sensitivity to light/noise
- Sleep disturbances
- Depression
- Taste/smell disorders



All concussions should be assessed by a medical professional.

### Why repeat concussions are dangerous



**One concussion can lead to another.**

After a concussion, you're 3-4x more likely to sustain another concussion within the same sports season.

**Repeat concussions can be fatal.**

Second impact syndrome, when someone incurs a second concussion while still recovering from the initial injury, may result in rapid brain swelling that's often fatal.

### Guidelines to get better



**Rest is the key to recovery.**

Don't participate in any mental or physical activity that makes your symptoms worse.



**NO physical exertion that make your symptoms worse.**

- Sports
- Vigorous activities



**NO ibuprofen or aspirin for the initial concussion-related headaches, as they may increase risk of bleeding. Acetaminophen is acceptable.**



**LIMIT thinking and concentration that may worsen your symptoms.**

- Video games
- TV
- Reading
- Texting
- Computer use
- Schoolwork



**DO NOT return to a sport until cleared by a medical professional.**



### Helping athletes recognize, recover and return from concussion injuries.

Mayo Clinic Sports Medicine provides coordinated, multi-specialty care to help athletes safely return to sport after a concussion, as well as integrated performance training to bring them to the next level.

To enhance detection of concussion in athletes, the King-Devick Test in Association with Mayo Clinic was developed to quickly diagnose concussion and remove athletes from play, before they risk a catastrophic injury. This test is easily administered by parents, coaches, trainers or professionals in mere minutes.

To schedule an appointment, visit [SportsMedicine.MayoClinic.org](https://SportsMedicine.MayoClinic.org) or call 612-313-0520.