

WHAT YOU NEED

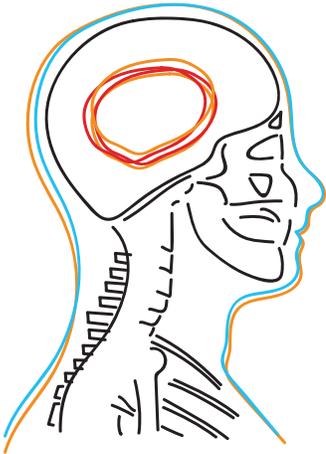
TO KNOW ABOUT CONCUSSIONS

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A concussion is defined as a complex pathophysiological process affecting the brain, caused by either a direct blow to the head, face, neck, or elsewhere on the body with an “impulsive” force transmitted to the head, resulting in a graded set of clinical symptoms that may or may not involve a loss of consciousness.¹



SIGNS AND SYMPTOMS OF A CONCUSSION²

Physical	Cognitive	Emotional	Sleep
<ul style="list-style-type: none">• Headache• Nausea• Balance problems• Dizziness• Visual problems• Fatigue• Sensitivity to light• Sensitivity to noise• Numbness/tingling• Dazed or stunned	<ul style="list-style-type: none">• Feeling mentally “foggy”• Feeling slowed down• Difficulty concentrating• Difficulty remembering• Forgetful of recent information or conversation• Confused about recent events• Answers questions slowly	<ul style="list-style-type: none">• Irritability• Sadness• More emotional• Nervousness	<ul style="list-style-type: none">• Drowsiness• Sleeping less than normal• Sleeping more than usual• Difficulty falling asleep

MANAGEMENT OF A CONCUSSION

- Remove the athlete from play if a concussion is suspected
- Avoid taking anti-inflammatories, such as ibuprofen and Advil, which thin the blood and increase the risk of a brain bleed
- Take only Tylenol (Acetaminophen)
- Light diet for 24 hours
- No sedatives or alcohol
- No strenuous activity
- Limit electronic use (TV, phone, computer) for 24 hours
- Sleep without disturbances

If any of the below symptoms occur notify your physician or take the athlete to the nearest emergency room.

- Visual disturbances - i.e.; blurred, double vision, sensitivity to light
- Confusion or unusual behavior
- Seizures or convulsions
- Difficulty breathing
- Clear discharge or bleeding from the nose or ears
- Persistent worsening headache unrelieved by Tylenol (Acetaminophen)
- Persistent vomiting
- Difficulty awakening
- Weakness or staggering
- Unequal pupils

RETURN TO PLAY

Studies have shown that return to play prior to complete resolution of head injury symptoms causes significant risk of further long term dysfunctions or even catastrophic events such as second impact syndrome.

Return to play after a concussion requires a controlled progression of increased physical activity without developing symptoms. This should be supervised by an appropriate medical professional.

From the PA state law 1a, 2011, the regulations for return to play after a concussion state the “coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional. The governing body of a school entity may designate a specific person or persons, who must be appropriate medical professionals, to provide written clearance for return to participation. In order to help determine whether a student is ready to return to participation, an appropriate medical professional may consult any other licensed or certified medical professionals.”³

References:

1. McCrory P, Meeuwisse WH, Aubry M, et al. Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport, Zurich, 2012. *J Athl Train.* 2013;48(4):554-575. doi:10.4085/1062-6050-48.4.05.
2. Harmon, K, Drezner, J, Gammons, M et al. American Medical Society for Sports Medicine Position Statement: Concussion in Sport, *Clin J Sport Med.* 2013;47:15-26. doi: 10.1097/JSM.0b013e31827f5f93
3. Browne, et al. Senate Bill No. 200, The General Assembly of Pennsylvania, 2011