

CONCUSSIONS

A concussion is a disturbance in brain function that occurs following either a blow to the head or violent shaking of the head. Nerve connections are lost or scrambled, and children experience concussion symptoms. If a second blow to the head occurs before complete recovery, Second Impact Syndrome or Post-Concussive Syndrome can occur, causing catastrophic consequences or very prolonged recovery times (months to years). It is to prevent severe consequences and optimize recovery that our recommendations have been created.

Concussion Signs and Symptoms

Concussion signs and symptoms generally fall into four categories: physical symptoms, cognitive symptoms emotional symptoms, and sleep symptoms, and may include:

Physical

- Headache
- Nausea
- Vomiting
- Balance Problems
- Dizziness
- Visual Problems
- Fatigue
- Sensitivity to light
- Numbness/Tingling
- Dazed or stunned

Cognitive

- Feeling mentally "foggy"
- Feeling slowed down
- Difficulty concentrating
- Difficulty remembering
- Forgetful of recent information or conversations
- Confused about recent events
- Answers questions slowly
- Repeats questions

Emotional

- Irritability
- Sadness
- More emotional
- Nervousness

Sleep

- Drowsiness
- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

What We Recommend

- Recommendation #1:** No adolescent with a concussion should continue to play or return to a game after sustaining a concussion.
- Recommendation #2** An individual sustaining a concussion should cease doing any activity that causes the symptoms of a concussion to increase.
- Recommendation #3** Neurocognitive testing is an important component of concussion management. We use IMPACT.
- Recommendation #4** School attendance and activities may need to be modified.
- Recommendation #5** A gradual return to play plan should be followed before resuming sports.
- Recommendation #6** No athlete should return to contact competitive sports until they are symptom free, both at rest and with exercise and have normal neurocognitive testing