

# Concussions and your Athlete

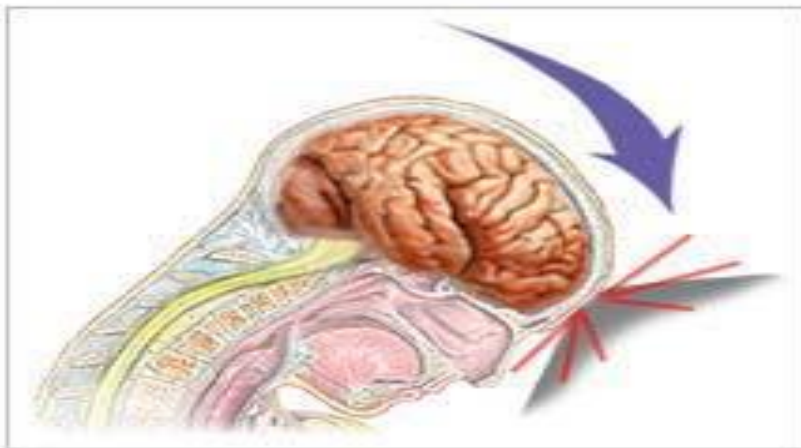
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# What is a Concussion?

- A concussion is a type of traumatic brain injury that affects the way the brain normally works.

A concussion is a violent jarring or shaking that results in a disturbance of brain function



# How can they occur?

- A Concussion is caused by
  - Bump
  - Blow
  - Jolt
  - Collision
- To the head or body that causes the head and brain to move rapidly back and forth

# Did you Know?

- Most concussions occur without loss of consciousness
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- Concussions affect people differently.
  - Most athletes with a concussion recover quickly while others will have Sx that last for days or even weeks.
  - A more serious concussion can last for months or longer

# Signs and Symptoms to Look For

<b>Signs Observed by Coaching Staff</b>	<b>Symptoms Reported by Athlete</b>
Appears dazed or stunned	Headache or “pressure” in head
Confused about assignment/position	Balance problems or dizziness
Forgets sports plays	Double or blurry vision
Is unsure of game, score, or opponent	Sensitivity to light
Moves clumsily	Sensitivity to noise
Answers questions slowly	Feeling sluggish, foggy, or groggy
Loses consciousness (even briefly)	Concentration or memory problems
Shows behavior/personality changes	Confusion
Can’t recall events prior or after hit	Does not “feel right”
<b>Source: CDC</b>	

# Signs and Symptoms Cont.

- Symptoms can show up right after the injury or may be delayed until days or weeks after the injury
- If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body
  - He/she should be kept out of play the same day of the injury and until they are evaluated by a health care professional.

# Concussion Danger Signs

- In rare cases, a blood clot may form on the brain in a person with a concussion and crowd the brain against the skull.
- What to look for:
  - One pupil larger than the other (Anisocoria)
  - Drowsy or cannot be awakened
  - HA that does not diminish but gets worse
  - Weakness, numbness, or decreased coordination
  - Repeated vomiting or nausea
  - Slurred Speech
  - Convulsions or Seizures
  - Loses Consciousness

# Concussion is Suspected

- Notification of any head injury should call for notifying
  - Parent/Guardian
  - Athletic Trainer
  - Athletic Director
  - School Nurse
- Athlete must be seen by a Dr. to determine if they have a concussion or not.
  - If diagnosed with a concussion, typically the athlete is removed from athletics for at least a week and may have school work modified due to inability to concentrate



# Treatment=REST!!!!

- Rest is key to helping an athlete recover from a concussion.
- Exercising, activities with a lot of concentration, working on a computer, playing video games, may cause symptoms to worsen.
- Athlete is allowed to sleep after being diagnosed with a concussion.

# Gradual Return to Play

- After the declared rest time has been completed the athlete must return to the same Dr. who made the diagnosis for clearance to begin gradual RTP.
- Phase 1: Day Symptom Free
- Phase 2: Light Physical Exertion
- Phase 3: Non-Contact Practice
- Phase 4: Contact Practice
- Phase 5: Full-Contact Game
- Gradual RTP will be supervised by certified Athletic Trainer



Questions?