



Concussion

A concussion is a type of traumatic brain injury (TBI) that is caused by a blow to the head or body, causing the brain to move rapidly inside the skull. This may result in altered mental function and a wide range of signs and symptoms. Athletes who continue to play while still experiencing symptoms of concussion are at significant risk for re-injury, permanent brain injury and even death.

Recognizing Concussion

All individuals involved with teams and sport activities, including players, coaches, parents, organizers, league officials, and referees/game officials should be educated about the signs and symptoms of concussion so that they can **recognize** the injury, **remove** the athlete from activity, and **refer** the athlete to a qualified medical professional for examination prior to allowing the athlete to return to play.

Signs and Symptoms of Concussion include:

Headache	Nausea/vomiting
Dizziness or balance problems	Mentally "foggy"
Stunned, dazed or confused	Seeing stars
Memory problems	Irritability
Concentration problems	Mood or personality change
Sensitive to light or noise	Drowsiness
Loss of consciousness (not always)	Getting a "bell ringer" or "ding"

Treatment:

- Any athlete who exhibits signs or symptoms of concussion should be removed from activity immediately and evaluated by a licensed medical professional.
- The treatment for concussion is physical and cognitive rest until symptoms resolve.
- Some individuals may need to modify school or work activities during the recovery period.
- Any athlete who exhibits signs or symptoms of concussion should be evaluated by a licensed medical professional experienced in the management of concussion.

Return to Play:

Athletes should not return to activity until:

- They have no symptoms at rest.
- They have no symptoms with everyday activities and school-related activities.
- They have no symptoms during exercise. (Exercise should be initiated under the direction of a medical professional, and should take place progressively, over several days).
- They have been evaluated and cleared to return by a medical professional experienced in the management of concussion.

Remember: When in doubt, sit it out!

www.ctathletictrainers.org