

# CONCUSSION 101

## WHAT IS A CONCUSSION?

A concussion is a head injury caused by moving forces such as a bump, blow, or jolt to the head, that results in a variety of symptoms and temporary changes in mental status, coordination, and balance. It's the most common type of traumatic brain injury.

## WHO IS AT RISK FOR A CONCUSSION?

Anyone. Concussions occur frequently in sports (especially contact sports), but they can happen from falls, car accidents, and non-contact sports too.

### CONCUSSION SIGNS

- Show behavior or personality change
- Lose consciousness, even briefly
- Are confused about assignment
- Appear to be dazed or stunned
- Forget events prior injury
- Forget events after injury
- Answer questions slowly
- Move clumsily

### CONCUSSION SYMPTOMS

- Problems with concentration/memory
- Dizziness or lightheadedness
- Sensitivity to light or noise
- Change in sleep pattern
- Double or fuzzy vision
- Feeling “foggy”
- Headache
- Nausea

## WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

1. Tell your coach, parent, or healthcare provider immediately.
2. See a trained healthcare provider.
3. Follow treatment and rehabilitation plans provided by your doctor.

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## WHY IS REPORTING A CONCUSSION SO IMPORTANT?

If you think you have a concussion and you don't report it, there is a serious risk for second impact syndrome (SIS). SIS is a serious condition that occurs when a person gets a second concussion before the first is fully healed. The brain swells and there can be lasting consequences (even death).



## WHEN CAN I GO BACK TO SCHOOL AND ACTIVITY AFTER A CONCUSSION?

- Your healthcare provider will provide treatment and rehabilitation recommendations.
- You may receive academic accommodations to help you return to school. These could include extra time on homework or tests and breaks between classes to name a few.
- As you're starting to feel better, you'll go through a gradual return to activity, supervised by a healthcare provider.



## RETURN TO ACTIVITY STEPS

1. Symptom limited activity
2. Light aerobic exercise
3. Sport-specific exercise
4. Non-contact training drills
5. Full contact practice
6. Full clearance to return to activity