

Concussion Fact Sheet

What is a concussion and how does it affect me?

- A brain injury caused by a direct or indirect force to the head
- Causes neurometabolic changes in the brain which significantly effects normal brain function
- Effects vary on an individual basis, but everyday tasks to school work to sleeping can be affected

What are the signs and symptoms of a concussion?

Each person will experience different symptoms, and different severity of symptoms, but common signs and symptoms include:

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| • Headache | • Trouble Falling Asleep | • Sadness | • Difficulty |
| • Nausea | • Sleeping More/Less Than Usual | • Nervousness | Concentrating |
| • Vomiting | • Drowsiness | • Feeling More Emotional | • Difficulty Remembering |
| • Balance Problems | • Sensitivity to Light | • Feeling Slowed Down | • Visual Problems |
| • Drowsiness | • Sensitivity to Noise | • Feeling Mentally Foggy | |
| • Dizziness | • Irritability | | |
| • Fatigue | | | |

When is it an emergency?

If the athlete exhibits confusion, unusual behavior, or slowed responsiveness, deteriorating conditions, loss of consciousness, or there is any concern of neck or spine injury the athlete should go to the emergency room.

What can I do to help the concussion heal?

Cognitive (studying, concentrating, processing) and physical stimuli will slow down the healing process of a concussion. It is important to get plenty of rest, especially in the first few days when signs and symptoms are at their peak.

If you are experiencing intense headaches, are sensitive to light and/or noise, and cannot read for more than 10 minutes without an increase in symptoms it is recommended that you stay home from school.

Everyone should avoid the following in the early stages (reintroduce as directed):

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| • Physical activity | • Video Games | • Listening to loud music |
| • Computer use | • Watching TV | • Excessive texting |

What about school work and sports?

Depending on the results of your evaluation by the athletic trainer and/or physician, students may be placed on academic accommodations. During this time students will not be required to do homework or take tests/quizzes. If you cannot read for more than 10 minutes at a time without your symptoms increasing you should avoid studying altogether.

As your symptoms decrease you can slowly begin to increase the amount of school work that you do on a daily basis. Remember to not go past the point in which your symptoms begin to return or worsen.

Once your symptoms have resolved and you have passed the ImpACT testing you will be taken off of academic accommodations. At this point it will be your responsibility to arrange with your counselor and teachers what work will be made up, and when it needs to be completed.

Through the duration of your recovery you will not be able to participate in your sport, or any other physical activity. Physical rest is just as important as cognitive rest. Once your symptoms have cleared and you have passed ImpACT you will begin a four day progression back into your sport to make sure you return safely.