



## Head Injuries

### Concussions in Lacrosse Players

- Concussion are estimated at .29 per 1000 athletic-exposures (AE) in men's lacrosse
- Concussion are greater in men's than women's .29 vs. .17 respectively
- What is a concussion:
  - A concussion is a MTBI (mild traumatic brain injury) resulting in temporary loss of brain activity
  - Severity can vary from mild to severe
- Signs and Symptoms of the Injury:
  - Head ache
  - Dizziness
  - Nausea
  - Poor Balance
  - Light Sensitivity
  - Blurred/Double Vision
  - Ringing in the Ears
  - Poor Concentration
  - Confusion
  - Disorientation
  - Inappropriate or Exaggerated Emotions
  - Irritability
  - Lethargy
- Return to Play Policy at **Fox Valley Lacrosse Team Doctors - PRO Sports & Spinal Rehab:**
  - Evaluation of Player by qualified medical professional
  - Impact test will be taken after 24 hour of symptom free with exception of a head ache
  - Exercise/exertion component: broken into 5 steps. Must be symptom free and wait 24 hours prior to advancing to the next step. If signs and/or symptoms return pt. will wait 24 hours and return to prior step.
    - Step 1: 20-30 min of stationary bike or walking on the treadmill
    - Step 2: Sport specific exercise drills (technique drills)
    - Step 3: Full practice no contact
    - Step 4: Full practice with contact
    - Step 5: Return to competition/gam
- Injury Prevention: Few things can be done to prevent a concussion. The most important aspect in concussion is early recognition and conservative management (with holding play if a concussion is possibly)
  - Properly fit equipment
  - Updated (newer) equipment
  - Proper form

If there are any questions regarding this topic other topics of interest, please reach us at  
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