



SPORTS PERFORMANCE ACADEMY

FITNESS. STRENGTH. WELLNESS.

CHKD Sports Medicine

Locations

Norfolk

Children's Hospital of The
King's Daughters
601 Children's Lane

CHKD Sports Medicine in Ghent
702 W. 21st Street

CHKD Health Center at Kempsville
171 Kempsville Road

Chesapeake

CHKD Health Center at Oakbrooke
500 Discovery Drive, Suite 202

Hampton

CHKD Health Center at Butler Farm
421 Butler Farm Road

Newport News

CHKD Health and Surgery Center
at Oyster Point
11783 Rock Landing Drive

CHKD Health Center and Urgent
Care at Tech Center
680 Oyster Point Road

Virginia Beach

CHKD Health and Surgery Center
at Princess Anne
2021 Concert Drive

CHKD Health Center and Urgent
Care at Loehmann's Plaza
3960 Va. Beach Boulevard

CHKD Health Center and Urgent
Care at Landstown
1924 Landstown Centre Way

Williamsburg

CHKD Health Center at Lightfoot
6425 Richmond Road

CHKD.org/SportsMed

(757) 668-PLAY (7529)

What is a concussion? A concussion is a mild traumatic brain injury. This can be caused by different types of sports related and non-sports related accidents. Commonly, we will see concussions after a direct blow to the head or with injuries which cause the head to move quickly.

What are the symptoms of a concussion? The symptoms experienced with a concussion can be different for each individual. The most common complaint is a headache. This can be accompanied by nausea, dizziness, fatigue, issues with lights or noises, memory problems, double vision, and irritability among other complaints.

How is a concussion diagnosed? Health Professionals (Doctors, Nurse Practitioners, Physician Assistants and Athletic Trainers) working in many different settings are able to diagnose concussions. It is not uncommon for concussions to be diagnosed in the Emergency Department, Urgent Care, Primary Care Office, or the Sport's Medicine Office. If the patient is playing sports when the injury occurs, and there is a Certified Athletic Trainer at the event, they are also key members of the care team. They provide vital assessment at the time of the injury and are important to early and accurate diagnosis.

How is a concussion treated? Thankfully, many concussions are treated with close monitoring and support of the symptoms without need for major intervention. After diagnosis, it is important to establish care with a Health Professional who is comfortable with concussion management. They will first make sure there is not a more serious brain injury and then provide care going forward. Often, different physical and cognitive therapies are indicated to help improve symptoms more rapidly. It is important to avoid any activity (even non-sports activities) that could cause another brain injury. On occasion, a referral to one of a number of pediatric specialists is necessary.

Why should you not "Play Through the Pain"? It is incredibly important that children who have sustained concussions not return to any sports or activities which put them at risk for re-injury while they recover. After a concussion, the brain is very sensitive. A re-injury during this healing can lead to something called Second Impact Syndrome, which can have very severe consequences including death.

When is it Safe to Return to Play after a Concussion? Concussion symptoms can linger for a period of time. Often, symptoms are improved between 2 and 4 weeks. On occasion, the symptoms may last significantly longer. Patients should not return to sports until they have been symptom free and re-examined by the Health Professional who is monitoring their concussion. A period of symptom monitoring while undergoing increasing physical activity is also typically recommended prior to being allowed to fully return to contact sports.

For more information, there are many resources available on the CHKD Concussion Program website at: www.chkd.org/concussion