



# PARENT/ATHLETE CONCUSSION FACT SHEET

**A concussion is caused by a bump, blow, or jolt to the head or body in which the brain moves quickly back and forth inside the skull causing a “mild” traumatic brain injury.**

Signs and symptoms of concussions can vary widely. It is rare to lose consciousness, making it difficult to diagnose. Many who suffer from a concussion will experience symptoms immediately after injury, while others may not show symptoms for days or weeks.

If any of the following symptoms are present, a concussion should be suspected. The athlete should be kept out of play the day of the injury and remain out of play until a healthcare professional clears their return to play.



**COGNITIVE (THINKING/REMEMBERING):** Difficulty concentrating, difficulty remembering, confusion, feeling slowed down, feeling “in a fog”



**PHYSICAL:** Headache, nausea or vomiting, dizziness, blurred vision, neck pain, fatigue or low energy, sensitivity to light or noise, balance problems



**EMOTIONAL:** Irritable, sadness, emotional instability, nervous or anxious



**SLEEP:** Sleeping less or more than usual, drowsiness, trouble falling asleep

## DANGEROUS SIGNS

In rare cases, a blood clot, active bleed, increased swelling on the brain or progressive neurologic dysfunction may develop. Athletes should seek emergency medical attention if they experience any of the symptoms below.

- » Drowsy and cannot be awakened
- » Weakness, numbness or decreased coordination
- » Pupils becoming unequal in size
- » Increasing confusion, restless
- » Worsening headache
- » Repeat vomiting or nausea
- » Convulsions or seizures
- » Slurred speech or inability to speak
- » Inability to recognize people or places
- » Loss of or fluctuating level of consciousness
- » Increasing irritability, agitation, unusual behavior

## THINK YOUR ATHLETE HAS A CONCUSSION?

- » Remove the athlete from play immediately and seek medical attention.
- » Make sure that a concussion is reported. Those who have had a concussion in the past are at higher risk for another concussion, as well as increased length of symptoms.
- » Never return to activity on the same day the injury occurred.
- » Seek guidance from a healthcare professional experienced in the evaluation and management of concussions to guide a return to work, school or play progression.
- » Take time to heal. Limit activities involving physical and cognitive exertion, such as watching TV, working on computer, texting and exercise. Such activities can worsen or prolong the healing process.

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**CONTACT YOUR ATHLETIC TRAINER TODAY IF YOU ARE EXPERIENCING ANY CONCUSSION SIGNS & SYMPTOMS.**

**IMMEDIATE ACCESS TO CARE IS CRUCIAL FOR A FULL RECOVERY AND RETURN TO SPORT.**