

Fact or fiction?

It is imperative not to let children sleep should you suspect a concussion.

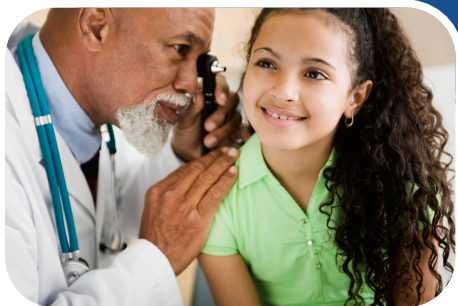
Fiction: Sleep is extremely beneficial to the healing process, interrupting a child's sleep can prolong concussion symptoms.

A concussion is a bruise to the brain.

Fiction: A concussion alters the neurophysiological functioning of the brain, including neurotransmitter release and ATP production/demand imbalance.

A concussion impacts a child physically, emotionally and cognitively.

Fact. This is what contributes to the variety of symptoms that can occur in different individuals.



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Concussions: The Injury You Cannot See





What is a concussion?

A type of traumatic brain injury (TBI) caused by a bump, blow or jolt to the head or hit to the body that causes the head and brain to move rapidly back and forth- CDC

Although medical providers classify a concussion as a “mild TBI”, they are typically not life threatening. Early detection and recognition of a concussion is of the utmost importance to minimize the impact on a child’s ability to focus, learn and continue to participate in sports.

What are common signs/symptoms I should look for?



Where should I take my child if I suspect they have a concussion?

Certified concussion centers:

The Micheli Center for Sports Injury Prevention

9 Hope Ave, Waltham MA

Phone number: (781) 216-3715

Sports Concussion Clinic at Boston Children’s Hospital

300 Longwood Ave, Boston MA

Phone number: (617) 355-3501

Youth Sports Concussion Clinic at Massachusetts General Hospital:

175 Cambridge St, Boston MA

Phone number: (617) 724-9722

Symptoms children may report:	Signs that may be visible to you:
Headaches	Vomiting
Feeling lethargic/fatigued	Appears uncoordinated or unsteady
Difficulty concentrating or remembering	Forgetting instructions, appearing dazed or stunned
Dizziness	Mood changes
Feeling “in a fog”	Appearing drowsy
Sensitivity to light or noise	

Additional resources to utilize:

Brain Injury Association of American (BIAA)

<http://www.biausa.org/>

Center for Disease Control: Heads Up program

<https://www.cdc.gov/headsup>