

# RECOGNIZE TO RECOVER CONCUSSION: LET'S TAKE BRAIN INJURIES OUT OF PLAY - ATHLETES

## FACTS

Concussion is a brain injury that alters the way your brain functions.

Concussions can occur from a blow to the head/body; contact with the ground, ball or another player

Most concussions occur without a loss of consciousness ("Passing out").

Severity of injury depends on many factors and is not known until symptoms resolve and brain function is back to normal

All concussions are not created equally. Each player is different, each injury is different, and your team medical staff should evaluate all injuries.

Follow the "Rules of the Game" this will limit and decrease these types of injuries

## SYMPTOMS

Different symptoms can occur and may not show up for several days. Common symptoms include:

- Headache
- Loss of consciousness
- Confusion
- Double/Fuzzy vision
- Dizziness
- Balance problems
- Nausea
- Slow reaction time
- Amnesia/Difficulty remembering
- Difficulty concentrating
- Sensitivity to light and noise
- Feeling sluggish, foggy or groggy
- Feeling more emotional than usual
- Irritability
- Sleep disturbances

## WHY I SHOULD REPORT MY SYMPTOMS?

Unlike other injuries, there may be consequences to "play through" a concussion.

Practicing or playing while still experiencing symptoms may prolong the time it takes to recover and return to playing soccer.

Repetitive brain injury, when not managed promptly and properly, may lead to long term injury.

Your brain is one of the most vital organs in your body.

Note: Symptoms may worsen with physical or mental exertion (e.g. computer and cell phone use, loud music or tv.).

Concussions "ARE" treatable — they should be managed under the supervision of your physician.

## WHAT SHOULD I DO IF I THINK I'VE HAD A CONCUSSION

### REPORT IT

Look out for your teammates and never ignore symptoms even if they appear mild. Tell your athletic trainer, team physician, coach and parents if you think you or a teammate may have a concussion.

### GET CHECKED OUT

Your health and well-being is the coaching and medical staff's first priority. If you are suspected of suffering a concussion, the medical staff will make sure you follow U.S. Soccer's Concussion Evaluation and Management Guidelines.

### TAKE CARE OF YOUR BRAIN



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# CONCUSSION: LET'S TAKE BRAIN INJURIES OUT OF PLAY - COACHES

## U.S. SOCCER CONCUSSION INITIATIVE 2016

- Modify substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty
- Eliminating heading for children 10 and under: *Please note that U11 is listed in the U.S. Soccer Concussion Initiative document because U11 players can be 10 years old at the beginning of the season*
- Limiting the amount of heading in practice for children between the ages of 11 and 13: *Please note that U12 and U13 are listed in the U.S. Soccer Concussion Initiative document to account for players who are 11, 12 and 13 years of age participating on those teams*
- Recommend Health Care Professionals (HCP) be on site for major tournaments.

## CONCUSSION DEFINED (CONCUSSION IN SPORT GROUP, 2013)

Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that maybe utilized in defining the nature of a concussive head injury include:

Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an 'impulsive' force transmitted to the head.

Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.

Concussion may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.

Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in some cases, post-concussive symptoms may be prolonged.

## PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

Educate athletes and parents about concussion. Talk with athletes and their parents about the dangers and potential long-term consequences of concussion.

Insist that safety comes first.

- Teach athletes safe playing techniques and encourage them to follow the rules of play.
- Encourage athletes to practice good sportsmanship at all times.
- Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.

## EARLY SIGNS & SYMPTOMS OF CONCUSSION

**Cognitive features:** unaware of game specifics (opposition colors, score of game, last play); confusion; amnesia (does not recall events prior to the hit or after the hit); alteration in consciousness; not oriented to time, place, or date; Slowed information processing speed; decreased attention and concentration.

**Physical symptoms:** Headache, dizziness, nausea, unsteadiness/loss of balance, feeling "dinged" or stunned or "dazed," seeing stars or flashing lights, ringing in the ears, and double vision.

**Psychological symptoms:** Depression, anxiety, anger, irritability, and difficulty controlling emotions.

**Sleep Disturbance:** Too much sleep, difficulty falling asleep or staying asleep.

## ACTION PLAN - WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED

### Remove the athlete from play.

Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play

### Ensure that the athlete is evaluated right away by an appropriate health care professional with experience in evaluating concussions.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head
- Any loss of consciousness (passed out/ knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

### Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

### Keep the athlete out of play the day of the injury.

Do not return the athlete to play or practice until a health care professional, experienced in evaluating/managing concussion, has cleared them to do so in writing. A repeat concussion that occurs before the brain recovers from the first may slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

**If you think your athlete has sustained a concussion, take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion. No athlete should return to play the same day if a concussion is suspected.**



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# CONCUSSION: LET'S TAKE BRAIN INJURIES OUT OF PLAY - PARENTS

## WHAT IS A CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

## WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

### Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

## WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

**1** **Seek medical attention right away.** A health care professional with knowledge in concussion management will be able to decide how serious the concussion is and when it is safe for your child to return to sports.

**2** **Keep your child out of play.** Concussions take time to heal. Don't let your child return to play on the same day the injury occurred and until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

**3** **Tell your child's coach about any recent concussion.** Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.