



Concussion

All head injuries should be taken seriously and examined by the proper medical professionals. Concussion specialists at Athletico offer a comprehensive approach to evaluate, treat, and assist patients with return to activity.

Concussion Symptoms (what the athlete may report):

- Headache
- "Pressure" in head
- Blurred vision
- Nausea/vomiting
- Feeling in a "fog"
- Fatigue/sleepiness
- Difficulty focusing or concentrating
- Temporary loss of memory
- Sensitivity to light or sound
- Eye strain or fatigue

Danger Signs for Emergency Referral:

- Unequal pupil size
- Drowsy or cannot be awakened
- Headache with increasing intensity
- Reported weakness or numbness
- Repeated nausea or vomiting
- Convulsions or seizures
- Slurred speech
- Becomes increasingly confused, restless, or agitated
- Loss of consciousness

Concussion Care Instructions:

- Any suspected concussion should be brought to the attention of a medical professional with experience in concussion management
- No return to athletics until cleared by the medical professional in charge of care
- Limit loud noises (listening to music, band practice, etc.)
- Limit visual stimulation (texting, reading, video games, computer, TV, etc.)
- Avoid over-the-counter medications (Advil, Motrin, Ibuprofen, Aleve) unless otherwise directed by a physician
- Discuss if academic accommodations will be needed with the school's nurse, academic advisor, principal or other administrator to aide in the concussion recovery process

Concussion Signs (what others may observe):

- Dazed appearance
- Balance problem
- Memory issues
- Confusion
- Sleepiness / grogginess
- Personality changes
- Irritability

Return to Participation:

Upon clearance from the medical professional in charge of care, it is recommended that a step-wise return to participation protocol be completed. This can be performed by a licensed Athletico athletic trainer or physical therapist who are specialists in concussion management.

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