



SPORTS INJURIES & CONCUSSIONS

Concussions are the most common brain injuries sustained in sports. Concussions are a type of traumatic brain injury (TBI) caused by a blow or jolt to the head. Concussions can be mild or severe and interfere with the way the brain normally works. Sometimes symptoms show up immediately, but they can also appear several days or weeks after the injury. Always see a health care professional if you think you might have a concussion. With any type of head injury, even mild, it's essential that the athlete be removed from play and not returned that day. If a player receives another hit to the head before the brain has a chance to heal, the results can be very serious - even causing death. This is called - Second Impact Syndrome.

CONCUSSION SIGNS AND SYMPTOMS



- Headache
- Dizziness
- Blurred vision
- Difficulty thinking clearly
- Sensitivity to noise & light

Source: www.CDC.gov/Concussions

Did you know...

- Most concussions do NOT involve loss of consciousness.
- You can get a concussion even if you do NOT hit your head. An indirect blow elsewhere on the body can transmit an “impulsive” force to the head and cause a concussion to the brain.
- Multiple concussions can have long-lasting impacts and affect your quality of life.



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MYTHS vs REALITY

You need to be knocked out for it to be a concussion.

Most concussions do not result in a loss of consciousness, or blacking out.

You cannot let a person with a concussion fall asleep.

We now know that the absolute best thing for the injured brain is rest. Since your brain is used to process information from all your senses, "brain rest" means cutting back on every day activities such as watching TV, reading, video gaming and using a cell phone.

My child needs a brain scan to diagnose a concussion.

The brain changes from a concussion cannot be picked-up by a scan. Your doctor will determine if your child's symptoms indicate the need for a brain scan, such as an MRI or CT, to determine the extent of the injury.

An expensive helmet will prevent a concussion.

While a good quality helmet can help lessen the chances of a skull fracture, a helmet will do nothing to prevent the shaking of the brain inside the skull during a concussion. In fact, some players feel overly confident with an expensive helmet and use the head against another player. The head should never be used as a weapon and many sports are banning head-to-head hits.

If I report my concussion, I'll never be able to play contact sports again.

It's essential that a concussion be reported to your coach, family and doctors. Steps will be taken to allow your brain to heal. Depending on the severity, most athletes recover fully from a concussion and can resume playing.



In 2009, nearly **250,000** kids and teens were treated in emergency departments for sports and recreation-related traumatic brain injuries, including concussions.



Athletes who have ever had a concussion are at **INCREASED RISK** for another concussion.



Children and teens are **MORE LIKELY** to get a concussion and take **LONGER** to recover than adults.



If you think an athlete has a concussion use the **HEADS UP ACTION PLAN**

- 1 Remove the athlete from play.
- 2 Keep the athlete out of play the day of the injury.
- 3 An athlete should only return to play with permission for an appropriate health care professional.



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