

CONCUSSION

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What every athlete and parent needs to know.



What is a CONCUSSION?

- Injury from a hit, bump or blow to the head that affects the brain inside the skull
- Affects how your brain functions
- You do NOT have to lose consciousness to sustain a concussion



**ORTHOPEDIC
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CONCUSSION: Signs & Symptoms

- Headache
- Confusion
- Difficulty Remembering
- Trouble paying attention
- Dizziness
- Balance problems
- Feeling slowed down
- Feeling foggy
- Nausea feeling irritable or sad
- Sensitivity to light or sound
- Blurry vision
- Trouble sleeping

What to do if you have a CONCUSSION

Let Someone Know

Don't ever "play through" a head injury. Don't feel pressured by ANYONE to keep playing. If you get hit again, you can make your injury worse and be "out" for much longer! Remove yourself from participation and let your coach or athletic trainer know what happened right away.

Get Looked At

See your athletic trainer or a doctor to be evaluated. The sooner you get looked at, the better!

Rest Up!

If you have a concussion, your brain needs mental and physical rest! The more rest you take early on, the sooner you can return to play safely.

Pennsylvania Law - CONCUSSIONS

Senate Bill No. 200 - Safety in Youth Sports Act

- If an athlete suspected to have sustained a head injury, they may not return to participation until medically cleared.
- Athletes can be cleared by: a physician, a licensed health care professional (under direction of a physician) or a neuropsychologist TRAINED IN concussion evaluation management.

PARENTS CORNER

Signs to watch for:

- Appearing dazed
- Confused about tasks
- Forgetfulness
- Being abnormally clumsy
- Answers questions slowly
- Behavior or mood changes
- Can't remember events before or after injury

Try to remind them:

IT'S NOT WORTH RISKING IT!