

# CONCUSSION FACT SHEET

It's better to miss one game than an entire season...  
If you're in doubt, please be evaluated by an athletic  
trainer!



## What is a concussion?

A concussion can occur when an individual receives a traumatic force to the head or the upper body thus causing the brain to move inside of the skull. A concussion causes a change in the mental status of an individual. It can also affect their physical and emotional functioning. Symptoms vary from one person to another and can last for minutes, days, and sometimes even weeks after a concussion. A concussion can occur during practice or competition in **ANY** sport and can also occur without having a loss of consciousness.

## How can I prevent a concussion?

- Do not initiate contact with your head or helmet. You can still get a concussion if you're wearing a helmet.
- Avoid intentionally striking an opponent in the head
- Follow the Athletic Department safety manual for your respective sport
- Practice good sportsmanship at all times
- Practice and perfect the skills of your sport

## Signs and Symptoms of a concussion

As stated above signs and symptoms vary from one person to another and an individual does not have to lose consciousness to sustain a concussion. If you suspect a concussion the following symptoms should be evaluated by a qualified medical professional.

### Cognitive Symptoms

Poor attention and concentration  
Problems remembering  
Difficulty following conversation  
Answers questions slowly  
Asks same question repeatedly  
Mentally foggy  
Slowed reaction time

### Physical Symptoms

Headaches  
Vacant Stare  
Appears dazed or stunned  
Dizziness  
Fuzzy/Blurry vision  
Clumsiness/Balance problems  
Sleeps more or less than usual  
Appears fatigued, tired or sleepy  
Nausea/Vomiting  
Hypersensitivity to light or sound

### Emotional Symptoms

Nervousness/Anxiety  
Excessive sadness  
Excessive laughter  
Irritability  
Personality Changes  
Decrease in activity  
Loss of appetite

***\*\*Or any other signs or symptoms that seem to develop rapidly\*\****



# CONCUSSION FACT SHEET

It's better to miss one game than an entire season...  
If you're in doubt, please be evaluated by an athletic  
trainer!



## What should you do if you suspect a concussion?

**Don't hide it!** Tell your athletic trainer or coach. Never ignore a blow to the head. Also tell your athletic trainer or coach if you suspect a teammate might have a concussion!

**Get checked out!** Your athletic trainer has been trained in the management and care of concussions. They are also able to refer you to physicians or other medical professionals who have advanced training in concussion management and treatment.

**Take time to recover!** When you are concussed your brain needs time to heal. If you return to play before your brain is fully healed you can suffer from permanent brain damage or death. Did you know that...

- The developing brain of a child or teen is more susceptible to concussion and takes longer to heal!
- Amnesia (memory problems) NOT loss of consciousness is the main indicator in concussion severity!
- Prior concussions lower your threshold for sustaining subsequent concussions!
- Premature physical and/or mental exertion before the brain is fully healed can prolong recovery and worsen the outcome of a concussion!



PHYSICAL THERAPY  
OUTPATIENT CLINICS



OCCUPATIONAL  
THERAPY



SPORTS MEDICINE  
PROGRAMS



WORK HEALTH  
PROGRAMS