

CONCUSSION

CONCUSS IN LATIN MEANS “TO SHAKE
VIOLENTLY”

A trauma to the head that causes a brain to
shake inside the skull is a concussion

Old Misconceptions :

- It is only a “ding” or a “bell ringer”
- “He really didn’t get hit in the head”
- “Well he wasn’t unconscious”
- “It is part of the game”
- “He only needs to shake it off”
- “Its no big deal”



SIGNS OF CONCUSSIONS

- Concussions can appear in many different ways. A coach or other person who knows the athlete well can usually detect these problems by observing the athlete and/or asking a few relevant questions to the athlete.
- The following slides deal with observations and questions non-medical personnel can use to help determine whether an athlete has suffered a concussion and who urgently to refer for further medical care.

Concussions Signs

- **Confused**
 - Dazed look, vacant stare, confusion about what happened or is happening.
- **Memory problems**
 - Can't remember assignment, score of game, or period of game.
 - How did they travel to the game, what did they eat before game.
- **Difficulty focusing to complete a task.**
- **Slow in speech**
 - Incoherent speech
 - Slow reaction time.

- **Unusual Behavior**

- Combative, aggressive, very silly, atypical for the individual.
- Repeatedly asking the same question over and over.
- Constant motion,
- Reactions that seem out of proportion or inappropriate.

- **Problems with balance and coordination**

- Dizzy
- Slow movements
- Inability to walk straight or balance on one foot

Symptoms of Head Injury

- Headache
- Nausea
- Balance problems or dizziness
- Double vision
- Sensitivity to light or noise
- Feeling slowed down
- Feeling “foggy” or “not sharp”
- Change in sleep pattern
- Irritability
- Feeling more emotional
- Concentration or memory problems

Orientation Questions

- What is your name?
- What is your birthday?
- How old are you?
- What year is it?
- What month is it?
- What is the day of the week?
- What is the date?
- What is the time of day?
- What school do you go to?

Recent Memory Questions

- Where are you at right now?
- What inning or half is it?
- Who scored the last goal?
- Which team did we play last week?
- Did we win our last game?

Return to Play

- **No athlete** who is suspected of having a concussion should return to the same practice or contest.
- Any athlete that has been removed due to concussion **must have medical clearance from an appropriate healthcare professional before resuming practice or competition.**

Please Keep In Mind...

- Increasing evidence is showing that initial signs and symptoms, including loss of consciousness and amnesia, may not be very predictive of the true severity of the injury and the outcome.
- More emphasis is now placed on the **duration** of the symptoms and that these symptoms may worsen over time so **continued monitoring of the athlete is necessary.**

Second-Impact Syndrome

- Second-impact syndrome is a rare event which occurs when an athlete returns too soon after suffering a previous concussion.
- Rapid and fatal brain swelling occurs and can cause death.
- Almost all second-impact syndrome cases occur in adolescent athletes.

Prevention

- Pre-season physicals
 - History
- Prevention of further injury
 - Have an emergency plan.
- Conditioning exercises
 - Specifically neck
- Coaches teaching the fundamentals of the sport
 - Example: How to fall.
- Strict enforcement of the rules of the game by both coaches and officials.
- Supervision-
 - Keeping down the horseplay
- **When in Doubt---Sit it Out.**

What to do on the field or court?

KEEP CALM (!!!!!!!)

- **ABC'S**
 - **Airway**
 - **Breathing**
 - **Circulation**
- **Problem with any of the above = 911**
- **If unconscious**
 - Treat as if they also hurt their neck.
- **Talk to the athlete**
 - Ask questions: what's hurting, reassure
- **If unsure, contact 911.**

References

- For more information on Concussions or Rules regarding sports related injuries...
- National Athletic Trainers Association www.NATA.org
- National Federation of State High School Associations www.nfhs.org
- University Interscholastic League of Texas www.uil.texas.edu/athletics/

Thank You For Coming!

We appreciate the care you
give to young athletes.



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