

Henry Ford Allegiance Sports Medicine Concussion Safety Fact sheet

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to change in brain function. It is not typically accompanied by loss of consciousness.

WHAT ATHLETES NEED TO KNOW ABOUT CONCUSSIONS.

1. **Know the symptoms.** You may experience:
 - Headache or head pressure
 - Nausea
 - Balance problems or dizziness
 - Double or blurry vision
 - Sensitivity to light or noise
 - Feeling sluggish, hazy or foggy
 - Confusion, concentration or memory problems
2. **Speak up.**
 - If you suspect that you or a teammate may have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.
3. **Take time to recover.**
 - Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
 - Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

WHAT EVERY PARENT NEEDS TO KNOW ABOUT CONCUSSIONS.

1. **How do you know if your athlete has sustained a concussion?** Look and ask if your son/daughter is complaining about following signs:
 - Complaints of a headache, fatigue, or nausea
 - Are you noticing memory problems?
 - Do they appear confused?
 - Is your son/daughter experiencing dizziness or blurred vision?
 - Are they experiencing sensitivity to light and noise?
 - When walking, do they appear unsteady?
 - Are they having increased anxiety or irritability?



2. **The severity of a brain injury can range from mild to severe.** When should a parent bring their athlete to the Emergency Department?
 - When a serious neck injury is involved
 - Deteriorating conscious state.
 - Repeated vomiting
 - Inability to recognize people or places
 - Profound confusion
 - Numbness or tingling in the arms or legs
 - Symptoms that worsen dramatically in a short period of time.

3. **What happens if a concussion is ignored?**
 - Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
 - In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
 - Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
 - Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
 - Athletes who delay reporting concussion take longer to recover fully.

HENRY FORD ALLEGIANCE SPORTS MEDICINE - CONCUSSION TIMELINE

1. **Baseline Testing**
Balance, cognitive and neurological tests that help medical staff manage and diagnose a concussion.

2. **Concussion**
If you show signs of a concussion, Henry Ford Allegiance sports med protocol requires that you be removed from play and medically evaluated.

3. **Recovery**
Henry Ford Allegiance Health Sports Medicine has a concussion management plan, all team physicians and athletic trainers are to follow that plan during recovery.

4. **Return to Learn**
Return to school should be done in a step-by-step progression in which adjustments are made as needed to manage your symptoms.

5. **Return to Play** - Return to play only happens after you have met the following criteria:
 - Athlete has been medically cleared by a physician (MD, DO, PA, or NP)
 - Athlete has returned to pre-concussion baseline
 - Athlete has completed the 6 day return to play progression

Please speak to the Henry Ford Allegiance Athletic Trainer at your school anytime you believe that your athlete may have sustained a concussion. You may also call Henry Ford Allegiance Sports Medicine at **(517) 205-1802**.

