

Treating Concussions



Concussions are a form of traumatic brain injury and are caused by a blow or jolt to the head or body that causes the brain to shake inside the skull. They are common in many sports, especially ice hockey, football, soccer, and basketball.

Symptoms may include dizziness, confusion, nausea, vomiting, headache, difficulty concentrating, difficulty remembering things, clumsy movements, loss of consciousness, and/or mood changes.

Caution!

Concussions require medical attention. The athlete must not return to play until he or she is cleared by a health care professional.

How is it treated?

- Remove the athlete from play and have him or her rest.
- Apply an ice pack to the affected area.
- Ensure the athlete is evaluated by an appropriate health care professional.

Find More Information

- American Association of Neurological Surgeons: <http://bit.ly/O7b9gU>
- CDC Information for Coaches: <http://1.usa.gov/1kOYtsZ>
- CDC Information for Athletes: <http://1.usa.gov/1Cd3B9>
- CDC Information or Parents: <http://1.usa.gov/1kmK98e>
- Mayo Clinic: <http://mayocl.in/OoxE0t>
- Medline Plus: <http://1.usa.gov/1gnwtsK>

PLAY IT SAFE

Competitive sports provide participants with physical fitness, teamwork, improved skills, and self-esteem – but they can also cause injuries. In a recent survey of 2012 emergency room visits, Safe Kids Worldwide found that 1.35 million children had a serious sports-related injury. That's over 154 children being treated in emergency rooms every hour. While most of the injuries noted were sprains and strains, fractures came in second, contusions and abrasions were third, and the most dreaded injury of all – concussions – were fourth, with 163,670 injuries in 2012 alone.¹



¹ "1.35 Million Children Seen in Emergency Rooms for Sports-Related Injuries." SafeKids.org Safe Kids Worldwide, 5 August 2013. Web. 5 November 2013.