

Concussions



What is a Concussion?

A brain injury caused by a blow to the head or a violent shaking of the head and body. Can occur with or without loss of consciousness.

How can I treat it?

Rest, rest, rest. During the first couple days it is recommended to rest as much as possible. Sleep is the best thing for you during the first two days. It is also recommended to miss school for the first two days, as it may be overstimulating for the brain. After the first two days it is best to return back to a normal routine and return to school. **DO NOT** return to a normal sports routine at this point.

Symptoms to Look Out For.

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|-------------------------|---------------------------|-------------------|
| -Headache | -Neck Pain | -Nausea/Vomiting |
| -Dizziness | -Blurred Vision | -Balance Problems |
| -Light Sensitivity | -Noise Sensitivity | -Lethargy |
| -Difficulty Remembering | -Difficulty Concentration | |
| -Fatigue/Low Energy | -Confusion | -Drowsiness |
| -Trouble Falling Asleep | -Emotional | -Irritable |
| -Sadness | -Nervousness | -Anxiousness |

Returning to Sports After Normal Routine Established

Day 1-Light physical activity to slightly raised heart rate. E.g. 5 mins jogging, 5 mins of rest, 5 mins jogging.

Day 2- Slightly higher intensity of physical activity. E.g. Five 40 yard sprints.

Day 3- Non-contact sports drills. E.g. Kicking a soccer ball.

Day 4- Full practice participation.

Day 5- Complete return to play. (If at any point symptoms return, stop activity for the day and retry the same activity the next day.)