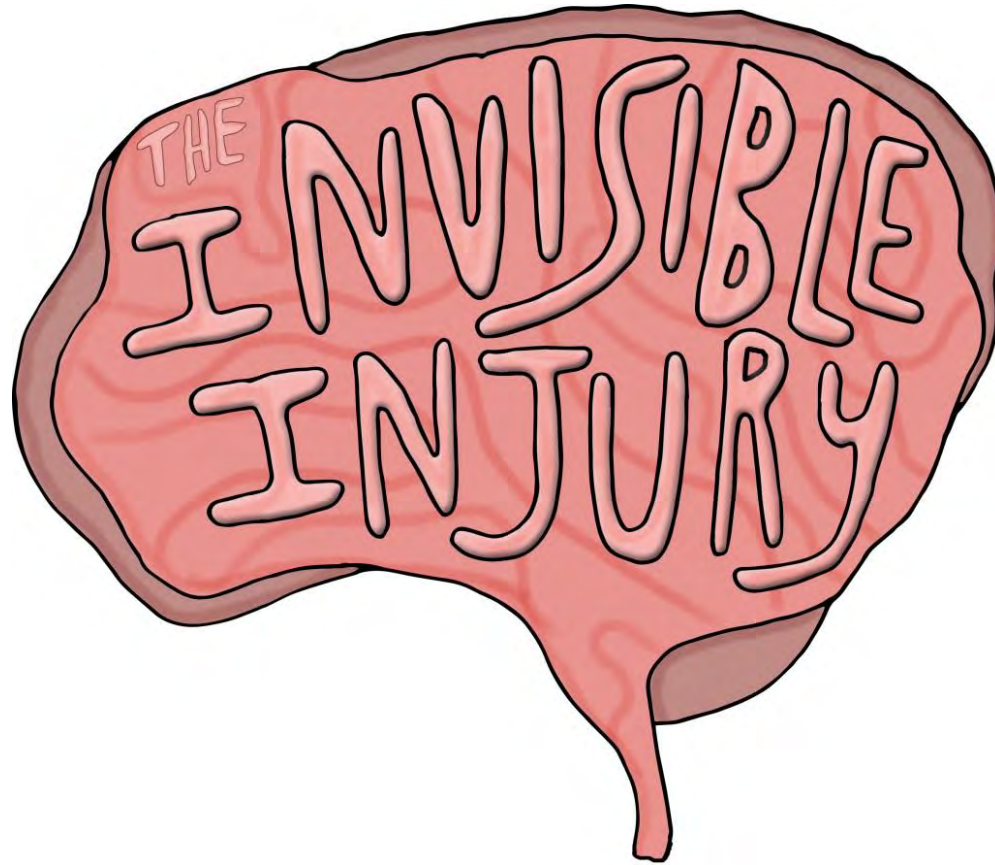
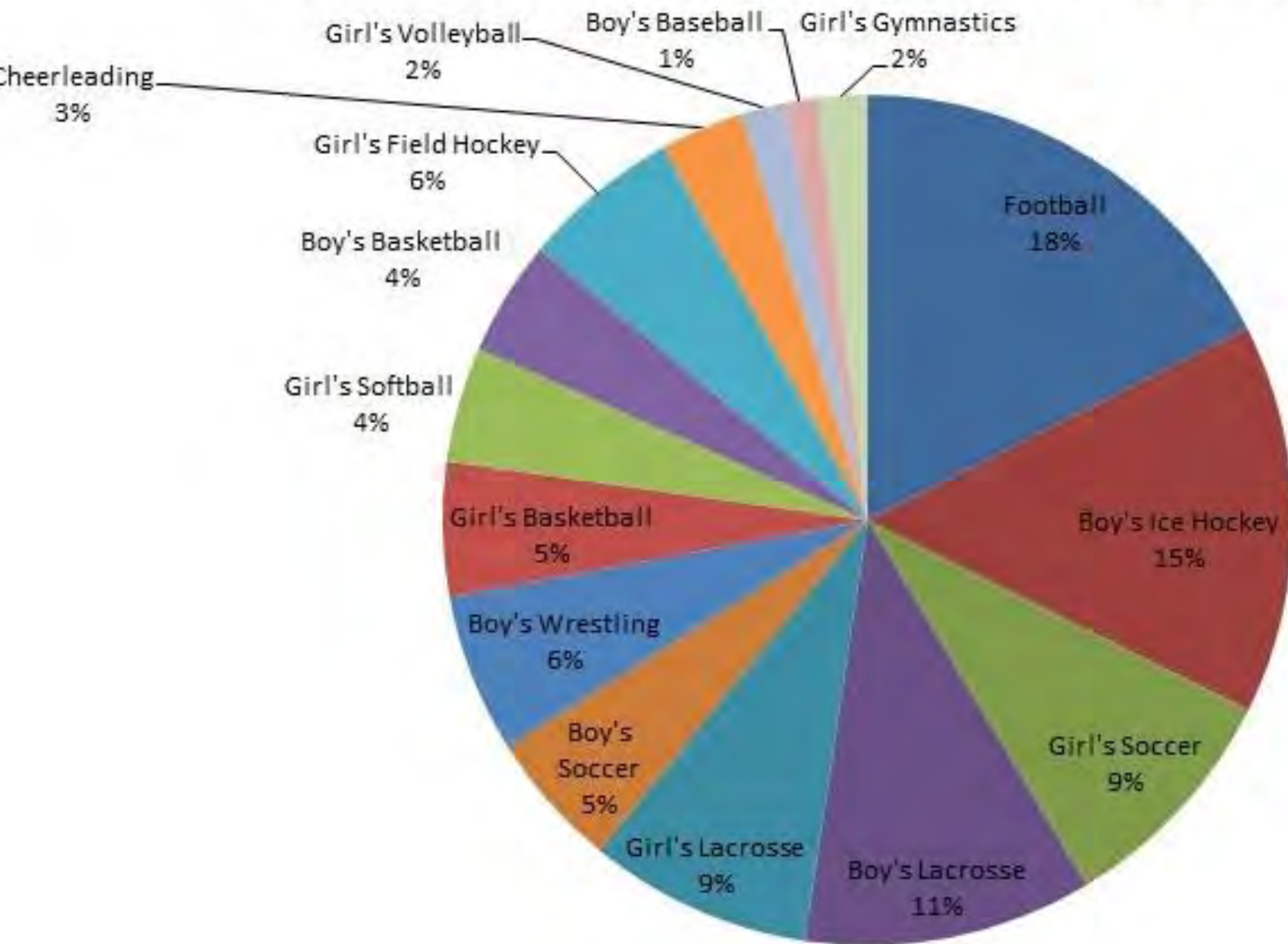


Concussion Overview

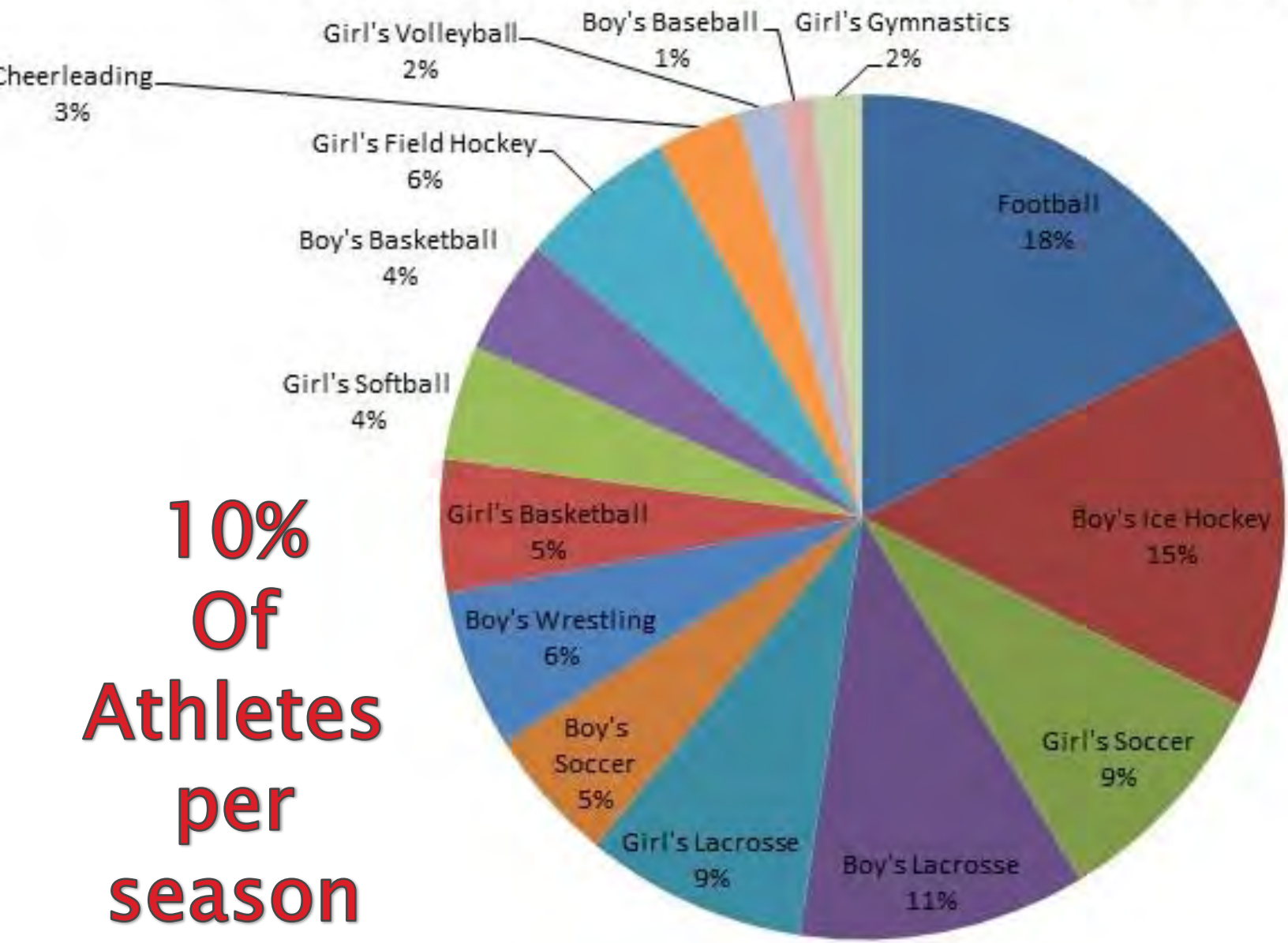


Abby Kelley Foster Charter School
Winter 2016

Concussions by Sport per 100,000 Athletic Exposures



Concussions by Sport per 100,000 Athletic Exposures



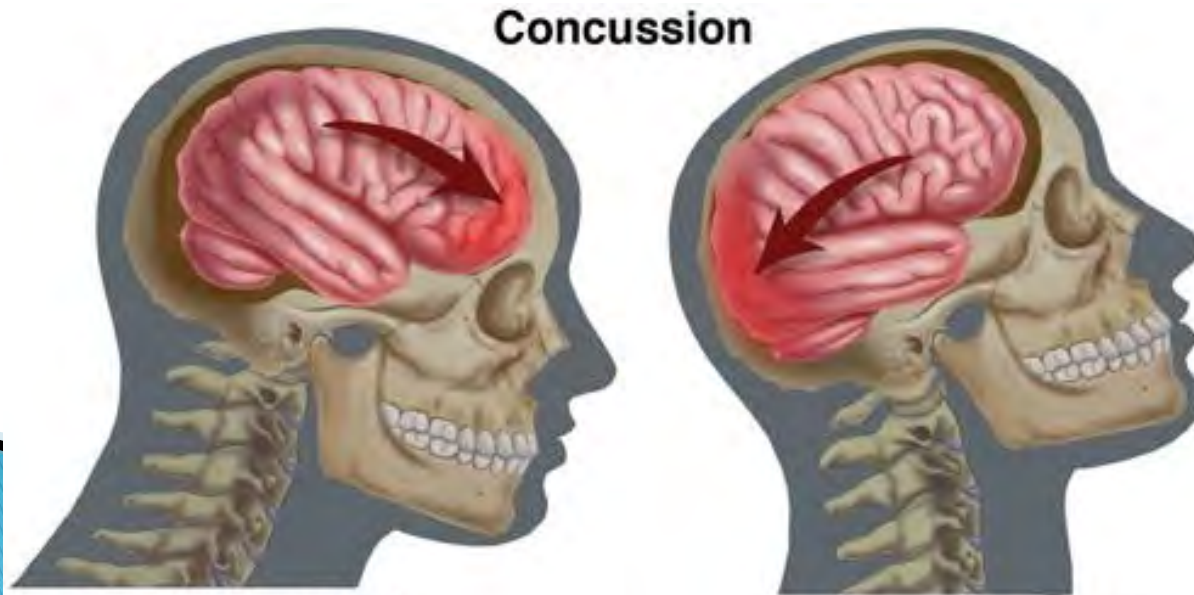
**10%
Of
Athletes
per
season**

What is a concussion

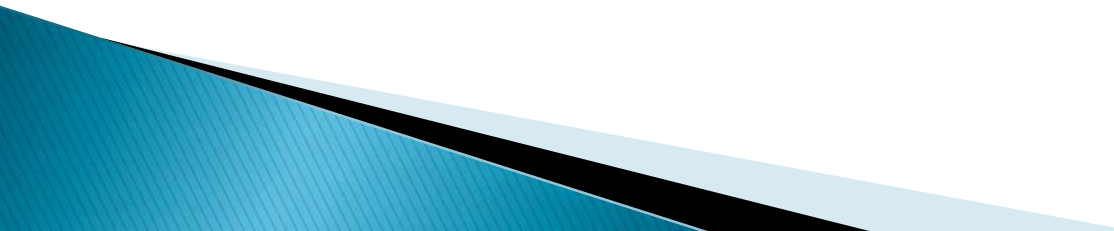
- ▶ A type of brain injury that changes the way the brain normally works

How do they happen?

- ▶ Can be a bump or blow to the head
- ▶ Or a blow to the body that causes the head to whip back and forth



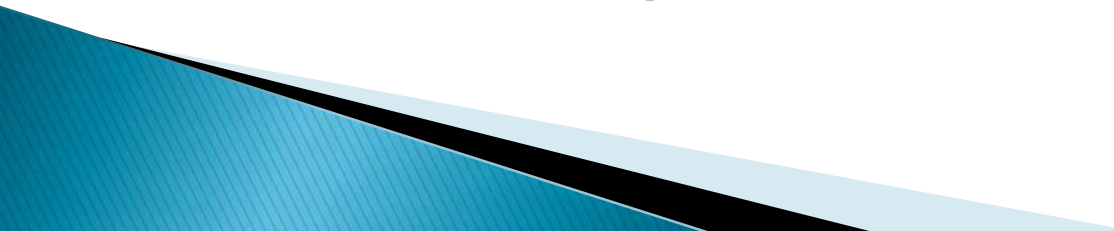
Most concussions
occur without loss
of consciousness



As coaches we look for...

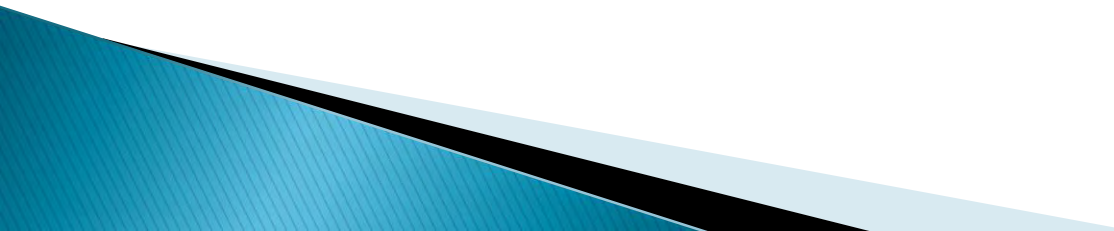
1. Any type of forceful blow to the head or body that results in rapid movement of the head

AND

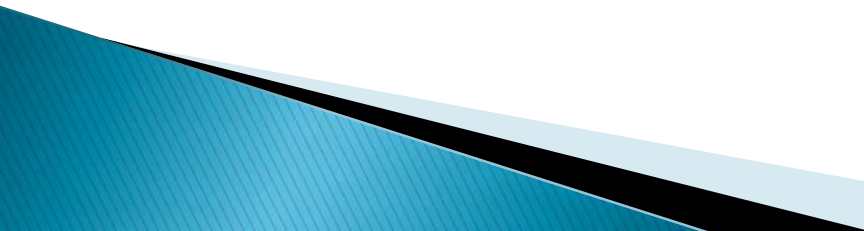
2. Any change in the athlete's behavior, thinking, or physical functioning.
- 

Coach and Parent Observations:

Some examples are:

- ▶ Answering questions slowly
 - ▶ Repeating questions
 - ▶ Unable to remember score or situation preceding event
 - ▶ Becoming emotional
 - ▶ Appears dazed or confused
- 

Symptoms Reported by Athlete

- Headache or "pressure" in head
 - Nausea or vomiting
 - Balance problems or dizziness
 - Double or blurry vision
 - Sensitivity to light
 - Sensitivity to noise
 - Feeling sluggish, hazy, foggy, or groggy
 - Concentration or memory problems
 - Confusion
- 

Graduated Return to Play

Step 1 Light aerobic exercise

Light jog/stroll, stationary bicycle

Goal: elevate HR

Step 2 Sport-specific exercise

Running drills in basketball

Goal: add movement

Step 3 Non-contact training drills

Passing and shooting, light resistance training

Goal: coordination, cognitive load, valsava

Step 4 Full contact practice only after physician clearance

Step 5 Return to competition

Why So Conservative?

Second Impact Syndrome

Occurs when an athlete sustains a direct or indirect force to the head before recovering from the last concussion.

