

Concussions in Young Athletes

What is a concussion?

"traumatic brain injury induced by biomechanical forces" (McCrory 2017)

How do I know if I have a concussion?

Symptoms that may appear:

- Headache, pressure in the head
- Nausea
- Balance problems
- Dizziness
- Double vision
- Sensitivity to light/noise
- Feeling slowed down, foggy or dazed
- Confusion, difficulty concentrating



What should I do if I think I have a concussion?

**stop playing
and seek care**



Seeking care for a concussion to your parent/guardian, coach, athletic trainer or other healthcare provider is important for recovery. The sooner you seek care the sooner you can get back to sport

How do I recover?

- Avoid activity that might put you at risk for hitting your head or body again
- Light activity that does not make symptoms worse
- Take breaks if school make it worse
- Ask for temporary changes in the classroom (extra time, note takers, wearing sunglasses, extra breaks)
- Follow a return to learn and return to play protocol
- Do NOT go back into play before cleared by an appropriate medical professional
- DO listen to your body and take time to sleep, eat healthy meals, and rest from your sport

What should I do if I think my teammate may have a concussion?

They may appear dazed or confused, answer questions slowly or not know the right play



- Report what you have observed to appropriate medical personnel or your coach
- Encourage your teammate to talk to their coach, medical provider, or parents
- Support your teammate

Facts about concussions:

- You do NOT need to lose consciousness to have a concussion
- Sleep is important for recovery - waking up frequently is not needed
- No two concussions are the same; recovery differs by individual concussion
- Work with your athletic trainer or team physician for appropriate management

