

Sports Related Concussion

What is a concussion?

A concussion is a type of traumatic brain injury caused by a hit, jolt, or blow to the body that causes the brain to move rapidly back and forth in the skull. They are common in all sports, but more often in collision/contact sports like football, basketball, volleyball, wrestling, and soccer. The sudden movement causes chemical changes in the brain, sometimes stretching and damaging brain cells. Though concussions are usually not life-threatening, the effects can be serious. Most concussions improve without complications in 1-2 weeks and can be managed by your athletic trainer and sports medicine doctor.

Signs & Symptoms of Concussion

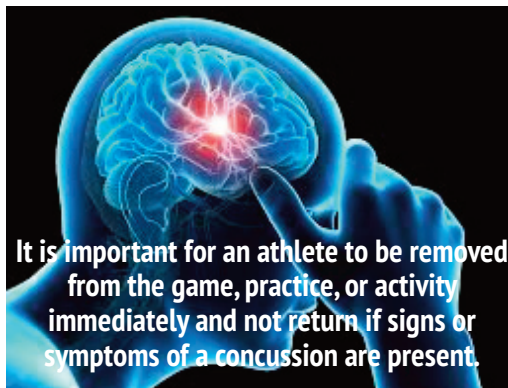
Any combination of the following signs and symptoms generally show up soon after the injury or head trauma.

SIGNS

- ✓ Dazed
- ✓ Confused
- ✓ Memory changes (Forgets play or instruction)
- ✓ Unsure of opponent, game, or position
- ✓ Moves slowly
- ✓ Loses consciousness
- ✓ Mood or personality changes

SYMPTOMS

- ✓ Headache
- ✓ Nausea
- ✓ Vomiting
- ✓ Balance problems
- ✓ Dizziness
- ✓ Blurred vision
- ✓ Sensitivity to light or noise
- ✓ Confusion
- ✓ Difficulty concentrating
- ✓ "Not feeling right"



Where to go?

On the sidelines, it is very important to tell the coach and athletic trainer so you can receive an immediate evaluation.

Most sport-related concussions are not life-threatening, but there are times when a concussion requires immediate and urgent evaluation.

If the following danger signs or symptoms are present, take your child to the emergency room or call 9-1-1:

- One pupil larger than the other
- Drowsiness or inability to wake up
- Severe headache that gets worse or does not go away
- Slurred speech
- Weakness
- Numbness
- Decreased coordination
- Repeated nausea or vomiting
- Convulsions or seizures
- Unusual behavior – restless, agitated, increased confusion
- Loss of consciousness (knocked out)

It is also important to have an experienced physician evaluate the athlete and monitor the athlete in the weeks following the injury and guide the return to activity.

Our Sports Medicine physicians have expertise in managing concussions, including utilizing SCAT5 and ImpACT testing and making return to play decisions in collaboration with parents and athletic trainers.

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