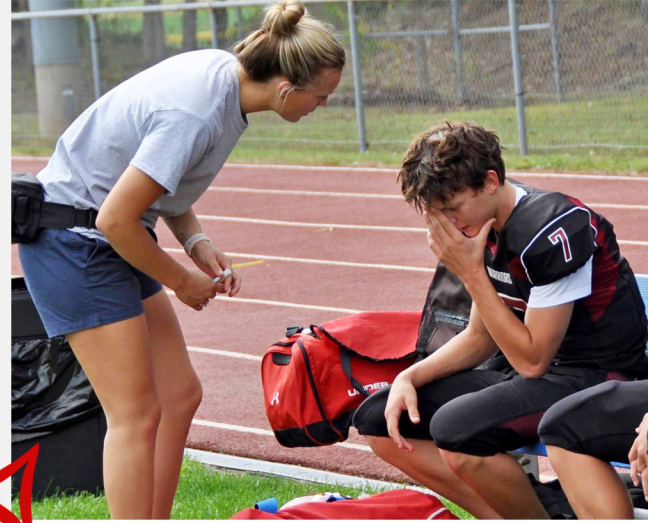




HOW ATHLETIC TRAINERS ASSESS, TREAT & MANAGE

CONCUSSIONS



What is a CONCUSSION?



A concussion is a type of traumatic brain injury (TBI) caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Symptoms such as **headache, dizziness, and sensitivity to light and sounds**, along with many other cognitive changes, can occur.

After a concussion has been sustained, it is vital that the athlete is given time away from athletic participation to give the brain time to heal and recover.

HOW CAN AN ATHLETIC TRAINER HELP?



AT performs initial assessment after injury to examine vital signs, coordination and balance, and cognitive status including memory and processing speed.

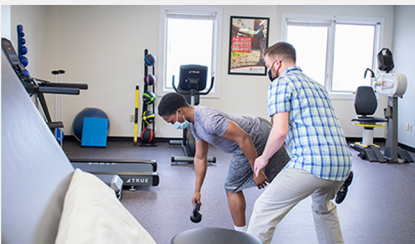
AT will provide recommendations to the athlete and family regarding referral to a physician and home care instructions.



Once symptoms have resolved and athlete has been cleared to begin activity, athlete will begin the return-to-play protocol supervised by the Athletic Trainer.

When to seek further treatment...

If an athlete experiences prolonged symptoms such as headaches, balance and coordination impairments or neck pain, **physical therapists can work with them to decrease discomfort and improve function**. Also, many PTSMC clinics have physical therapists who specialize in vestibular therapy, which can address ongoing symptoms.



SIGNS + SYMPTOMS

Signs Observed

- Loss of consciousness (LOC,) even briefly
- Vomiting or seizures
- Appearing "dazed or confused"
- Difficulty following instructions
- Moving clumsily
- Difficulty with memory pre/post injury
- Mood or behavior changes

Symptoms Reported by Athlete

- Headache or "pressure in the head"
- Nausea or vomiting
- Dizziness (light-headedness)
- Double vision or blurry vision
- Fatigue



Latent Symptoms Often Reported

- Neck Pain
- Light and motion sensitivity
- Trouble sleeping
- Trouble reading or watching movement
- Mental slowness or fogginess in head
- Imbalance



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