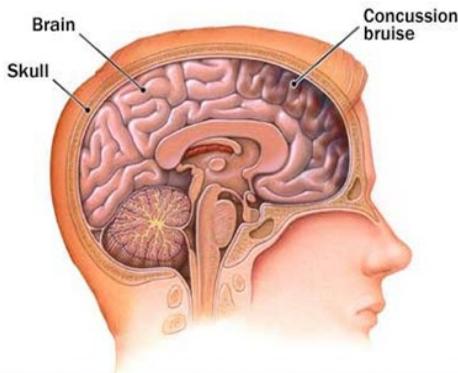


**Definition**—Traumatic brain injuries, also referred to as concussions, are characterized by immediate but transient posttraumatic impairment of brain function. Mental confusion, alteration of mental status, and amnesia are all hallmarks of concussion symptoms that may or may not include loss of consciousness. One might describe it as “getting his or her bell rung”. This is often overlooked and not treated as seriously as it should be. When dealing with a concussion, one should act as conservatively as possible. Concussions occur when the brain is jarred within the skull and bleeding in the brain is the result.



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When one has been diagnosed with a concussion it is important to listen to your athletic trainer and physician’s directions carefully. Returning to sport, school and/or work too soon can be detrimental to one’s health. Working with your athletic trainer and/or physician will get you back to what you would like to do as quickly and safely as possible. **It is good to note to take Tylenol but do not take Ibuprofen because that promotes more bleeding.**

**Possible Sign and Symptoms and Symptoms**

Nausea	Change in mood
Posttraumatic amnesia	Dizziness
Ringin g in the ears (Tinnitus)	Motor Impairment

**Guidelines for Returning to Play After a Concussion**

Severity	1 <sup>st</sup> Concussion	2 <sup>nd</sup> Concussion	3 <sup>rd</sup> Concussion
Grade 1 (Mild)	May return to play if asymptomatic.	Return to play in 2 weeks if the athlete is asymptomatic during the previous week.	Terminated season; may return to play the following season if asymptomatic.
Grade 2 (Moderate)	Return to play after being asymptomatic for 1 week.	Out a minimum of 1 month; may return to play then if asymptomatic for 1 week; consider terminating season.	Terminate season; may return to play the following season if asymptomatic.
Grade 3 (Severe)	Out a minimum of 1 month; may then return to play if asymptomatic for 1 week.	Terminate season; may return to play the following season if asymptomatic. Consider terminating career.	Terminate career in contact sports.

To return to play after a concussion, one must be asymptomatic of all symptoms. It is to the digression of your athletic trainer to clear you for activity. One will be tested on balance, ability to maintain focus, memory and emotions. Once one is within normal limits, you will be able to return to play.

**Prevention:**

To prevent further concussions it is important to:

Tackle properly (Head up)	Wear proper safety equipment
Follow safety rules for each sport	Practice good sportsmanship
Do not return to play with a known concussion without being cleared by a medical professional	Wear a seat belt while driving every time you drive and ride in a motor vehicle

Heads Up; Preventing Concussions. In *Center for Disease Control and Prevention*. Retrieved June 6, 2013, from [http://www.cdc.gov/concussion/headsup/pdf/Heads\\_Up\\_factsheet\\_english-a.pdf](http://www.cdc.gov/concussion/headsup/pdf/Heads_Up_factsheet_english-a.pdf)

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