



GLACIAL RIDGE SPORTS MEDICINE

CONCUSSION CARE

Your child has been diagnosed or is experiencing symptoms related to a concussion. A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. Your child is experiencing the following symptoms:

CURRENT SYMPTOMS

- Headache
- Nausea
- Vomiting
- Balance Problems
- Dizziness
- Lightheadedness
- Fatigue
- Drowsiness
- Sensitivity to Light
- Sensitivity to Noise
- Irritability
- Sadness
- Nervousness
- More Emotional
- Numbness
- Feeling Slowed Down
- Feeling “in a fog”
- Difficulty Concentrating
- Difficulty Remembering
- Visual Problems

RED FLAGS

Call 9-1-1 or take your child or teen to the emergency department right away if he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

Symptoms typically last about 6 to 10 days, depending on how severe the concussion symptoms can last up to months. It will be determined by a licensed healthcare provider when your child may return to activities.

General advice for treating a concussion includes the following:

- Get plenty of sleep at night and rest during the day.
- It is important to allow plenty of rest for 1-2 days following a concussion.
- Avoid visual and sensory stimuli, including video games and loud music.
- Eat well-balanced meals.
- Avoid strenuous physical or mental tasks.
- Avoid activities that could lead to another concussion, such as sports, certain amusement park rides, or (for children) playground activities.
- Tylenol is OK to take. Avoid taking Ibuprofen or any NSAIDS.
- Do not drink alcohol. Some other drugs may slow recovery and increase the chance for further injury.
- Avoid tiring activities such as heavy cleaning, exercising, working on the computer, or playing video games.

Returning to Activity

Symptoms should be monitored by an Athletic Trainer or other health care professional, so they can best decide when to start the return to activity progression.

The Minnesota State High School League requires a stepwise return to activity progression once symptom free. The following is the progression in which Glacial Ridge Sports Medicine uses.

- 1) No activity, rest until all symptoms have resolved.
- 2) Successful post-injury ImPACT testing.
- 3) Light aerobic exercise such as walking or stationary cycling, no resistance training.
- 4) Sport specific exercise.
- 5) Non-contact training drills.
- 6) Full contact training after medical clearance.
- 7) Full clearance for participation.