

# HEAD GAMES: CONCUSSIONS IN SPORTS

## Concussion:

- Any blow or force to the head that causes mental status changes; disorientation, confusion, memory loss or slowness in thinking.

## Return-to-Play(RTP)

- Student must be without any cognitive or physical symptoms, at rest and exertion
- REST!!! After 5 days of no symptoms, athlete MAY BE ABLE to return-to-play.
- External Protocol: Athlete must be without symptoms after each day to proceed to the next day.
- If the athlete is not without symptoms, then they will repeat that day, the next day.
- RTP must be done in consecutive days.



## Symptoms:

### Viewed by Others

- Memory loss (past or present)
- Difference in pupil size
- Confusion
- Disorientation
- Change in emotions

### Described by Athletes

- Headache
- Dizziness
- Nausea/vomiting
- Feeling in a "fog"
- Sensitivity to light and sound
- Fatigue
- Problems focusing and concentrating
- Difficulty sleeping
- The sky may change colors

## Treatment

- Call for an assessment
- REST!!! No school, no practice.
- Limit cognitive use. No video games, TV, computers, etc.
- Make academic accommodations.
- Monitor all physical symptoms and cognitive symptoms.

Educate the Athletes