

Concussion In Sports

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What is a Concussion?

- Simply described, a concussion is a disturbance in brain FUNCTION due to a blow or jolt to the head or body.
- Also known as a mild traumatic brain injury (TBI). ALL concussions are TBI and are serious.
- Think of the head as an egg with the brain being the yolk floating around in fluid surrounded by a shell.



Concussion Basics



- Most concussions occur WITHOUT a loss of consciousness
- Prior history of concussions increases the risk for a repeat concussion
- Females and adolescents are at increased risk for concussion

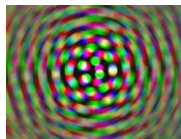


Concussion by the numbers



What are signs and symptoms?

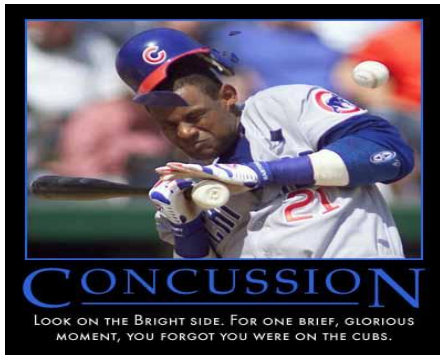
- Headache
- Dizziness
- Blurry Vision
- Confusion
- Sensitivity to Light
- Sensitivity to Sound
- Nausea
- Fogginess



More signs and symptoms

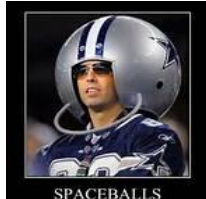
- Appears dazed or stunned
- Mood, behavior or personality changes
- Answers questions slowly
- Is unsure of game, score, or opponent
- Can't recall events prior to OR after the event
- Moves clumsily
- Just doesn't feel "right"





Preventing Concussion

- Not all concussions can be prevented
- Use of proper equipment that fits correctly
- Teaching proper technique
- BE AWARE!



Sideline Evaluation

- Rule out more emergency situations
- Assess symptoms
- Assess brain function
- Assess Balance



Early Recognition

- Early recognition is key to limit further injury or even death
- Encourage people to report their symptoms not hide them
- Post Concussion Syndrome
- Second Impact Syndrome



Emergency Situations

- Cervical Injury
- Fracture
- Brain Bleed
- Worsening symptoms



“Danger Signs”

- Deterioration of any signs or symptoms
- Increasing headache or one that doesn't resolve
- Slurred speech
- Vomiting or nausea
- Weakness, numbness or lack of coordination

Suspected Concussions

- Athletes should not continue to play when they show signs/symptoms of concussion
- Remove from play until further evaluation by appropriate medical personnel
- Resting because of a concussion is NOT a sign of weakness

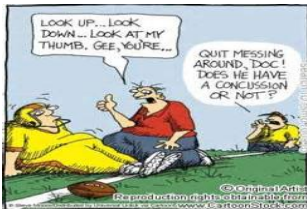


Treatment

- Rest is key
- Exertion will delay recovery
- Ignoring a concussion will only make it worse
- Athletes and coaches will resist this because they are motivated to continue playing



Thank you



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