

Midwest City Athletic Training

Head Injury Care

Dear Parent/Guardian:

Your child _____ reported a head injury to the Athletic Trainer at Midwest City High School. S/he was evaluated by the Athletic Trainer and no significant loss of neurological function or level of consciousness was found. The purpose of this letter is to inform you of your child's injury so that you can monitor him/her until a full recovery is made. If you have any questions or concerns, please contact me.

Care if Head Injury:

- Your child should be watched carefully at home for the next 12-24 hours.
- Your child should avoid strenuous physical activities until released by medical professional.
- Apply an ice bag to your child's area of swelling intermittently for 24 hours.
- For headache, use a non-aspirin medication as long as your child has no allergies or ill-effects when taking the medication.
- Unless otherwise instructed, the child should be awakened every 2-3 hours over the next 24 hours and asked simple questions.
- Your child must report to the Athletic Trainer before returning to practice
- Your child needs to refrain from using media outlets like phone, tv, and video games as this prolongs the recovery process

Please be aware that head injury symptoms can occur days, weeks, or even months after the original injury. If you notice any changes in behavior or an increase or onset of symptoms, please seek medical attention immediately. It is advised that your child be symptom free for at least 10 days before returning to any physical activity.

IF YOUR CHILD EXPERIENCES ANY OF THE FOLLOWING CALL YOUR PHYSICIAN, TAKE YOUR CHILD TO THE EMERGENCY ROOM IMMEDIATELY, OR CALL 911!!!

- Increasing drowsiness, mental confusion, or difficulty waking.
- Persistent vomiting, neck stiffness, nausea or fever.
- Difficulty keeping balance, weakness of the face, arms or legs.
- Blurred or double vision.
- Persistent or severe headaches despite medication.
- Seizures.
- Any other new or worsening symptoms that concern you.

_____ Your son/daughter will need a doctor's release before s/he will be allowed to return to participation in sports.

Jason L. Cox, ATC
Head Athletic Trainer
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