

What should I do if my child sustains a concussion?

****ImPACT Baseline Testing prior to the season can aide in the safe return to play process.****

Trauma or Episode to cause a concussion

- Force to the head or the body resulting in whiplash of head/neck
- May be caused by object, surface or player

Possible signs and symptoms consistent with a Concussion

- Possible SIGNS: Dazed/Confused or stunned, memory loss, slow to respond, unusually tired, unusually sad
- Possible SYMPTOMS: Headache, nausea or vomiting, dizziness, balance problems, sensitivity to lights and noises, extreme fatigue, double or blurry vision, feeling sluggish or groggy

Evaluation and Diagnosis

566-GAME may be used

- Athletic Trainer
- Physician

Physician follow-up appointment

- Treatment
- Plan of Action

Athlete recovery

- Sign and symptom free
- Resume normal school activities
- Cleared by physician to begin return to play protocol

Athlete completes return to play protocol

- Ohio Department of Health 5 step process
- Athletic Trainer or Clinic Directed

*566-GAME may be used

Athlete may return to full activity

NEED MORE INFO?

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