



WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury (TBI). It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth.

Concussion is considered to be among the most complex injuries in sports medicine to diagnose, assess, and manage. Health care professionals sometime refer to concussions as a mild traumatic brain injury because they are usually not life-threatening. Even so, their effects can be serious.

Concussions affect each athlete differently. Most get better within a few weeks, but some can have symptoms for months.



LEARN MORE

Call (877) 464-6670 to schedule an appointment with a concussion specialist or visit ini.org/concussion to learn more.

ABOUT US

OSF HealthCare Illinois Neurological Institute is a leader in the Midwest in caring for patients with the most complex neurological conditions.

We provide our patients access to the specialized neurological care they need through our disease-specific focused areas that encourage multiple specialists to work together to provide our patients with the very best neurological care.



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CONCUSSION

in Youth Sports

*Protect athletes
from serious brain injury.*



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SIGNS AND SYMPTOMS

Athletes who show or report one or more of the signs and symptoms below after a bump, blow or jolt to the head or body, might have a concussion.

Signs Observed by a Parent or Coach

- Appears dazed or stunned
- Unsure of the game, score or opponent
- Moves clumsily
- Answers questions slowly
- Shows mood or behavior changes

Signs Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feels sluggish, hazy, foggy or groggy
- Just not “feeling right” or “feeling down”



SERIOUS WARNING SIGNS

In rare cases, the athlete may have one or more severe symptoms below prompting evaluation in the Emergency Department.

- Severe headache with sudden onset
- Persistent or increasing neck pain
- Becomes drowsy or can't be woken up
- Cannot recognize people or places
- Persistent vomiting
- Behaves unusually or seems confused
- Seizures (limbs jerk uncontrollably)
- Weakness, numbness or tingling (arms, legs or face)
- Unsteady walking or standing
- Slurred speech
- Difficulty understanding directions

CONCUSSION PREVENTION

- Follow and respect the rules of the game.
- Practice good sportsmanship.
- Minimize unnecessary aggression.
- Wear protective equipment properly.

You only get one brain, treat it well! It's better to miss one game than the whole season.



CONCUSSION MANAGEMENT

If an athlete displays symptoms:

1. “When in doubt, sit them out.”
 - Remove the athlete from play.
2. Avoid activities that are physically demanding or have risk for head injury.
3. Limit activities that require high amounts of concentration.
4. Get plenty of rest, stay hydrated and eat frequent meals/snacks.
5. Seek evaluation by a medical provider before they return to play.
6. If symptoms return with the start of exercise, stop the activity.

Athletes who continue to play while having concussion symptoms, or who return to play too soon, have a greater chance of repeat injury that can occur with less force. A repeat concussion while still recovering from the first injury can be very serious.

