

CONCUSSION



Salina Regional
Sports Medicine
Salina Regional Health Center

EVERYTHING ATHLETES, COACHES AND PARENTS NEED TO KNOW



A concussion is a brain injury that can cause problems with how the brain works. It is often caused by a blow, blast or sudden movement of the head or body which causes the brain to unnaturally bounce against the inside of the skull. This can stun brain cells or even result in their death.

COMMON SYMPTOMS

- **Headache** especially one that gets worse, lasts a long time, or does not respond to over-the-counter pain relievers
- **Sensitivity to light & sound**
- **Changes in speech** slurred, difficult to understand, the person with a concussion may say things that do not make sense
- **Difficulty with memory or concentration**
- **Confusion** slow thought process, cannot think straight
- **Nausea/Vomiting**
- **Problems walking**
- **Lightheaded, dizziness, poor balance**
- **Fatigue**
- **More sleepy than usual** poor sleep and difficulty waking up from sleep
- **Vision problems** such as blurred vision, double vision or any vision abnormalities
- **Numbness/Tingling**
- **Changes in mood or behavior** irritable, anxious, tearful, emotional

MORE SERIOUS SYMPTOMS:

- **Stiff neck** (neck stiffness)
- **Fluid and/or blood leaking from the nose or ears**
- **Fever**
- **Seizures** (uncontrollable jerking of the arms and legs)

If you suspect a concussion, SEEK MEDICAL ATTENTION IMMEDIATELY!

WHEN YOU HAVE A CONCUSSION

- **DO NOT** return to physical activity or other activities requiring lots of concentration.
- Limit watching television, playing video games, using tablets, computers and cell phones.
- Avoid loud noises and bright or flashing lights.
- **Rest!** Mental and physical rest is key to healing.

ATHLETIC TRAINERS

Salina Regional Sports Medicine is proud to offer care to area athletes at school and on the sidelines!

EVAN BOWERS, MS, ATC, LAT

- Salina South High School

ABE NOLL, ATC, LAT, CSCS

- Smoky Valley High School
- Southeast of Saline High School

SHELBY BARRETT, ATC, LAT

- Salina Central High School

RECOVERY TAKES TIME

Recovery after a concussion can take anywhere from days to months, but remember, a concussion is a brain injury and needs time to heal. The goal is to allow your body to recuperate so you can return to normal activities safely.

Ask your doctor before returning to activities like:

- Playing sports (football, softball, baseball, basketball, volleyball, cheerleading, soccer, skating, skateboarding, etc.)
- School and classroom participation
- Reading, studying, or anything that takes lots of concentration
- Screen usage (computer, phone, tablet, T.V., video games or other electronics)
- Taking part in any and all activities which risk hitting or jolting the head
- Driving a car, riding a bicycle, motorcycle, or off-road vehicle
- Attending special events (sporting events, concerts, dances or other)

QUICK FACTS

- After a hit to the head, athletes should **IMMEDIATELY** stop playing, working and attending sport practices and other extracurricular activities.
- Children who have sustained a concussion should not return to school until cleared to do so by their doctor.
- **Kansas law requires a doctor's (M.D. or D.O.) signature in order to return to play.**
- They may miss a few games, but 9 out of 10 athletes are back to normal within two weeks.
- Returning to regular activities too soon can make concussion symptoms worse and lengthen recovery time.
- Concussions can affect driving, schoolwork, sleep, emotions, relationships and self-confidence.
- Athletes who return to full-contact sports with concussion symptoms put themselves at risk for **Second-Impact Syndrome**, a rare but more serious brain injury that can be fatal.
- **Loss of consciousness does not always accompany a concussion.** In fact, only 10 out of every 100 concussions causes a blackout or loss of consciousness.
- CT Scans **DO NOT** diagnose concussions.
- Sleeping is good for recovery. It is okay to let someone fall asleep after being hit in the head.

TALK TO YOUR DOCTOR

IF YOU DON'T HAVE A
PRIMARY CARE PHYSICIAN,
CONTACT ONE OF THESE
CONCUSSION MANAGEMENT
SPECIALISTS

Dr. Garrett Hooker
Dr. Brad Irvin
Dr. Gary Williams
785-825-8221 | 2090 S. Ohio St.

Dr. Erik Howell
785-825-7470 | 520 S Santa Fe Ave #300

Dr. Wendy Dinkel
Dr. Ben Dolezal
785-227-3308 | 605 West Lincoln Street

Dr. Matthew Pyle
785-452-7366 | 520 S. Santa Fe, Suite 240



THE **GAME PLAN** IS
TO **RETURN YOU TO**
ACTIVITY **SAFELY!**

