



SPORTS MEDICINE HOTLINE NUMBER (248) 469-3551

www.acceleratedrehab.com

SPORT-RELATED CONCUSSIONS: GUIDELINES FOR PARENTS AND COACHES

What is a concussion?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs and symptoms of a concussion?

Signs Observed by Coaches or Parents	Symptoms Reported by Athlete
<ul style="list-style-type: none">▪ Appears dazed, stunned or confused▪ Forgets a play or other instructions given▪ Unable to recall events before or after the hit or fall▪ Moves clumsily▪ Answers questions slowly▪ Shows mood, behavior or personality changes▪ Blank stare or glassy eyed▪ Loses consciousness (even very briefly)	<ul style="list-style-type: none">▪ Headache or “pressure” in the head▪ Nausea or vomiting▪ Dizziness▪ Balance problems▪ Double or blurry vision▪ Sensitivity to light or sound▪ Feeling sluggish, hazy, foggy or groggy▪ Concentration or memory problems▪ Confusion▪ Just not “feeling right” or “feeling down”

What to do if you suspect an athlete has sustained a concussion?

- Remove the child from play immediately
- Monitor the child looking for any changes in signs and symptoms. In the event that symptoms worsen over time seek medical treatment
- Rest is key to recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse.
- Do not give any medication, especially in the first 48 hours as it may mask symptoms.
- The child should not return to athletic participation until cleared to return by qualified medical personnel.

For further information on this topic or for general questions call the Sports Medicine Hotline Number

You may find additional information on concussions on the following websites

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.thinkfirst.ca/programs/concussion.aspx>

Michigan Youth Flag Football is not affiliated with these websites