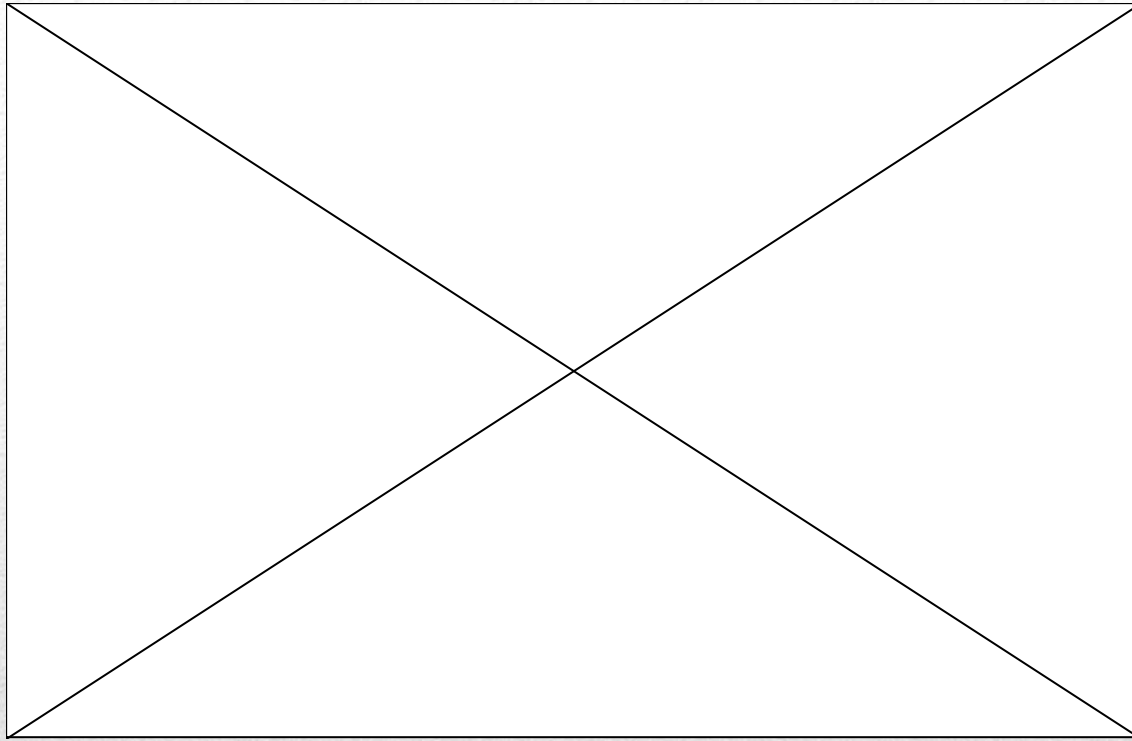


# Concussion Education

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- “A concussion is the immediate and transient alteration of neurological function caused by mechanical acceleration and deceleration forces”
- (A type of mild traumatic brain injury that changes the way your brain normally works)
- Caused by a direct bump, blow, jolt, fall, etc. that causes the head and brain to move quickly back and forth

# What is a concussion?

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/slurred speech
- Slow/clumsy movements
- Loss of consciousness
- Amnesia/memory problems
- Act silly, combative, or aggressive
- Repeatedly asking same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate or inappropriate reactions
- Balance problems

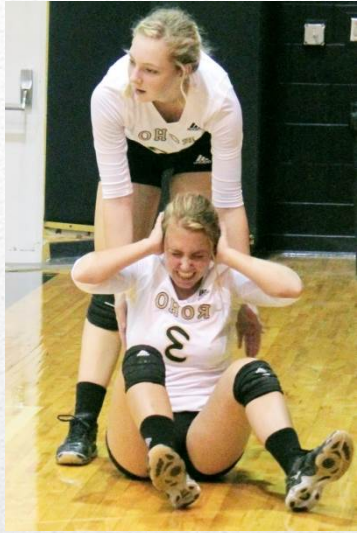


# Signs & Symptoms

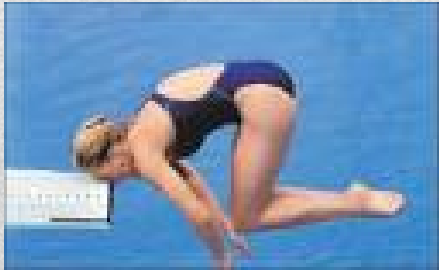
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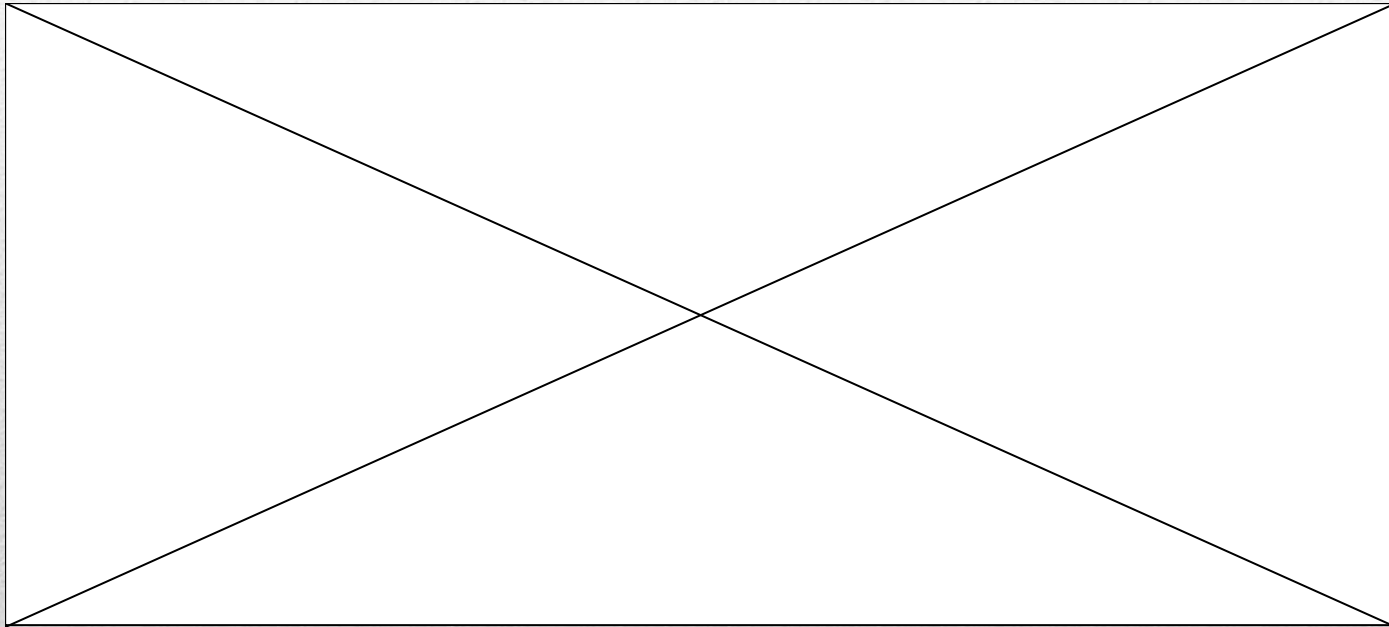


- Coach/ATC must remove the athlete from play who exhibits signs, symptoms, or behaviors consistent with a concussion
- CT Law now states: no athlete may return to play on the same day of a concussion
- MUST be evaluated by a license health care professional (Physician, PA, APRN, ATC)
- Close observation to ensure no escalating symptoms
- Parents will be notified within 24 hrs



After sustaining a concussion...

- Second Impact Syndrome-rare but life altering condition that can result in rapid brain swelling, permanent brain damage, or death
- Post Concussion syndrome-group of physical, cognitive, and emotional problems that can persist for weeks, months, or indefinitely after a concussion



# Risks of Concussions

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Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
<b>1. No activity</b>	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
<b>2. Light aerobic activity</b>	Walking, swimming or stationary cycling keeping intensity <70% of maximal exertion; no resistance training	Increase Heart Rate
<b>3. Sport Specific Exercise</b>	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
<b>4. Non-contact Training drills</b>	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
<b>5. Full Contact Practice</b>	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

- Must obtain initial written clearance
- 24hours between each stage
- If symptoms return during any stage, athlete must cease activity & starts back at stage 1

*Medical Clearance RTP protocol (Recommended one full day between steps)<sup>2</sup>*

# Return to Play







- Proper fitting helmets
- Teach & practice safe playing techniques
- Be aware of your surroundings
- Limiting contact (football)
- Athlete & Parent education

# Prevention

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- [Student & Parent Concussion Form \(English\)](#)
- [Student & Parent Concussion Form \(Spanish\)](#)
- [CDC Concussion & Mild TBI](#)

## Other Links

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