



About 1.35 million kids were seen in U.S.

That's 1 every 25 seconds!

concussions.

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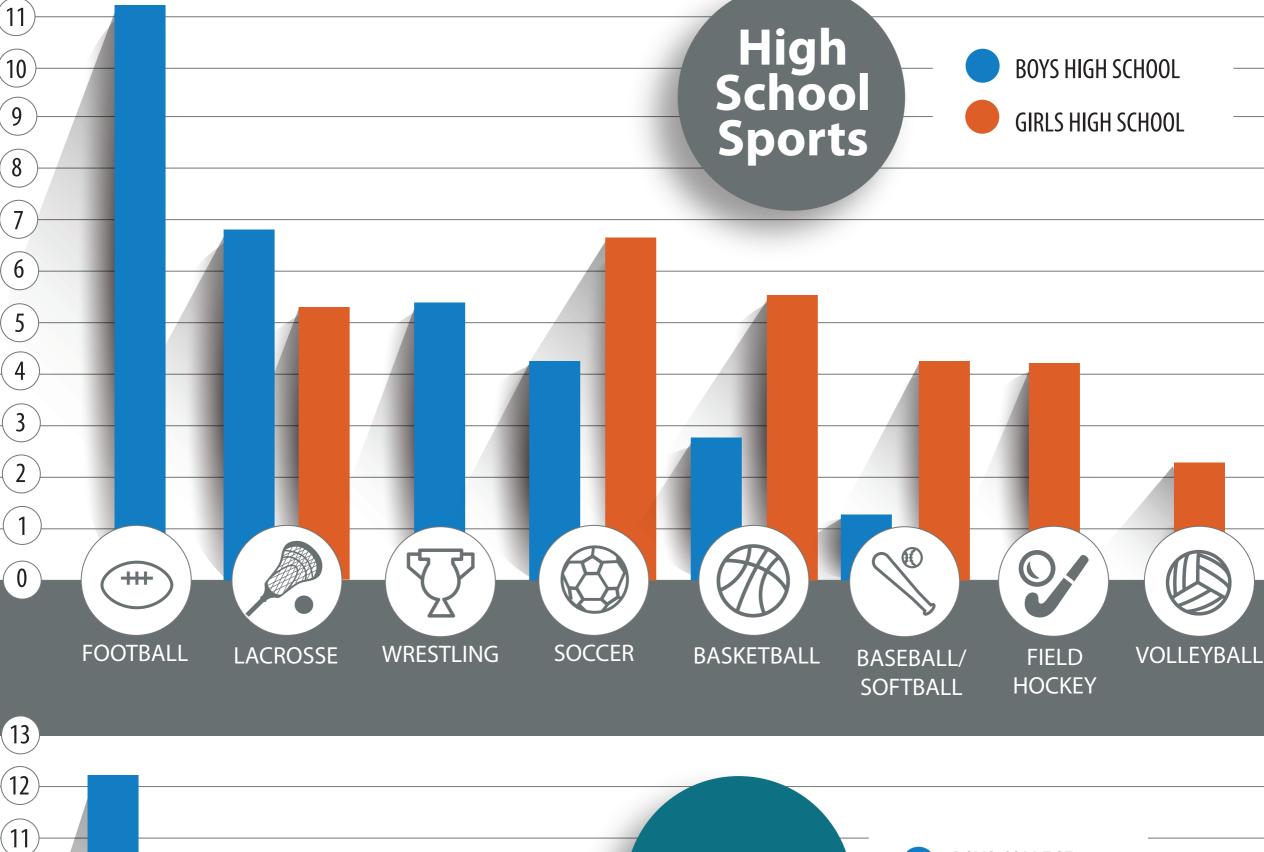
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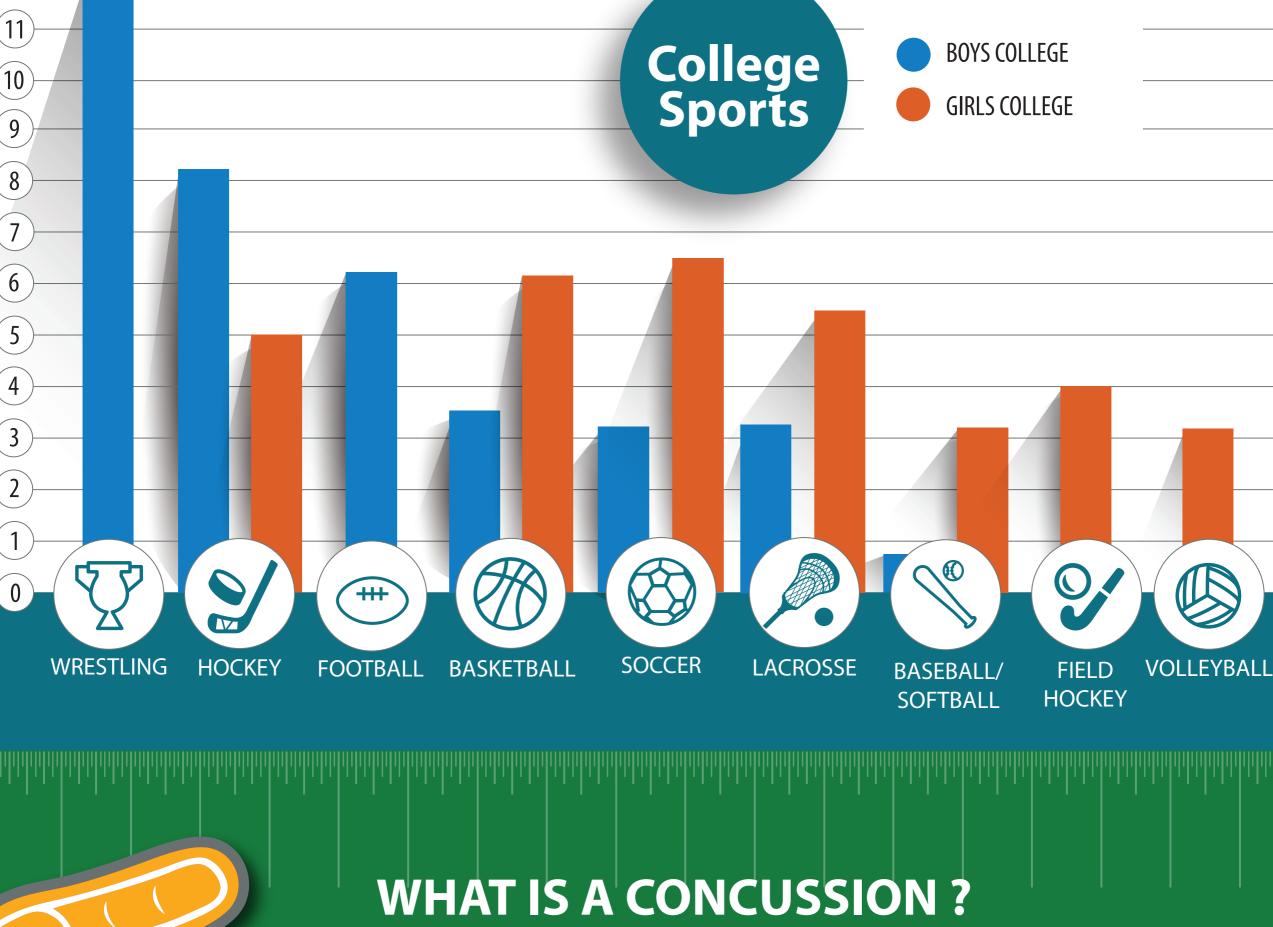
emergency rooms in 2012 for sports related injuries.

ER visits were for WHICH SPORTS HAVE THE HIGHEST **RATES OF CONCUSSIONS?**

> High School

(2010-2012 - Datalys Center - Rates per 10,000 Athletic Exposures)





by a blow to the head, or a blow to the body that causes a jolt to the head. **What An Observer May Spot**

Unsure of game, score or opponent

Answers questions

Dazed or stunned

assignment or position

Forgetting instructions

appearance

in game

slowly

Confusion about

A concussion is a

brain injury caused

in head

Dizziness

- Can't recall events after
- the head impact

Clumsy movement

Loses consciousness

Shows behavioral or

personality changes

to the head impact

Can't recall events prior

(even briefly)

Feeling sluggish, hazy,

foggy or groggy

Concentration or

Confusion

memory problems

Trouble falling asleep

Trouble staying asleep

Nausea or vomiting Feeling "dazed," "stunned"

Double or blurry vision

Sensitivity to noise

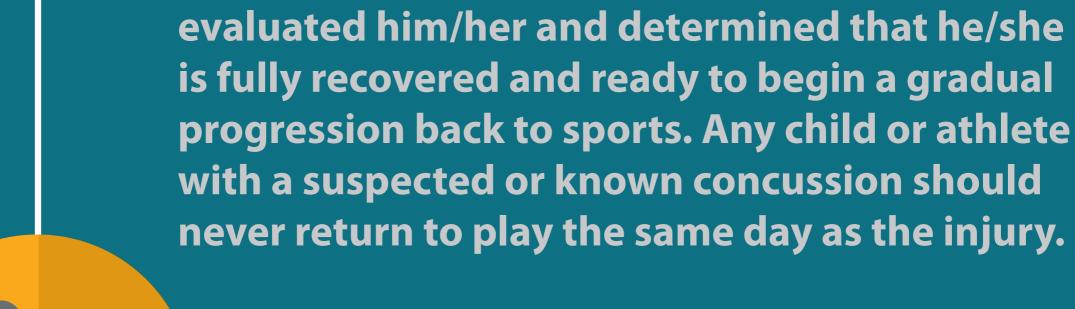
Sensitivity to light

Balance problems

- **Sleeping more than** usual

Does not "feel right"

- SUSPECT A CONCUSSION



KEEP THEM SAFE

Remove the youth from play.

Concussions may take a significant

amount of time to fully heal, and a child

concussions a child has, it is

important that coaches and

medical professionals have the

most accurate information regarding

should not return to sports until a doctor has

a child's concussion history. WHAT IS THE TREATMENT & **RECOVERY FOR CONCUSSIONS?** A physician will diagnose a concussion by taking a history and performing a physical, neurological and cognitive exam, including tasks that test memory, balance and attention.



Day 5:

Games or

competition

play



drills with no contact drills drills with no (jogging, risk of contact; risk of contact, stationary individual skill bicycle, brisk passing and work with a catching/ walking) ball; resistance/ shooting drills strength training such as push-ups and * Most states, including Illinois, require by law sit-ups written clearance from a physician before a student athlete can, return to practice or competition.

Day 3:

Complex

sports-specific

Prompt recognition, removal from play, and proper treatment can prevent a typical concussion from becoming one with a protracted recovery or more debilitating symptoms.

Encourage athletes and coaches to follow the

33% of concussions occur in the setting of an illegal

hit or other rule violation.

Coaches should teach athletes proper and safe techniques for performing the skills for their sport, and appropriate strength and conditioning routines. Coaches should always encourage players to speak



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www.nfhs.org/ParticipationStatics/PDF/2013-14_Participation_Survey_PDF.pdf

www.safekids.org/infographic/exploring-culture-youth-sports

www.cdc.gov/traumaticbraininjury/pdf/TBI_Report_to_Congress_Epi_and_Rehab_Snapshot-a.pdf

www.luriechildrens.org/en-us/community/community-health-needs-assessment/Documents/chna-implementation-plan.pdf

SOURCES:

know someone who has failed to report symptoms.

Coaches, athletes and parents should take a course in first aid, CPR, and injury prevention.

What A Youth Athlete May Report Headache or "pressure"

WHAT TO DO IF YOU

- - A doctor will be able to confirm the diagnosis of concussion and advise the best treatment. This is essential for maximizing recovery.

NFORM THE COACHES Tell coaches about any recent concussions. Because concussion problems can increase the more

For a typical concussion, the treatment is a period of rest from physical activities and from stressful cognitive activities, such as schoolwork, until symptoms begin to improve. Your physician will provide guidance on when it is safe to resume activity (both physical and cognitive). **Concussions are no longer** No two concussions are the

classified as "mild," "moderate" or

Concussion severity is determined

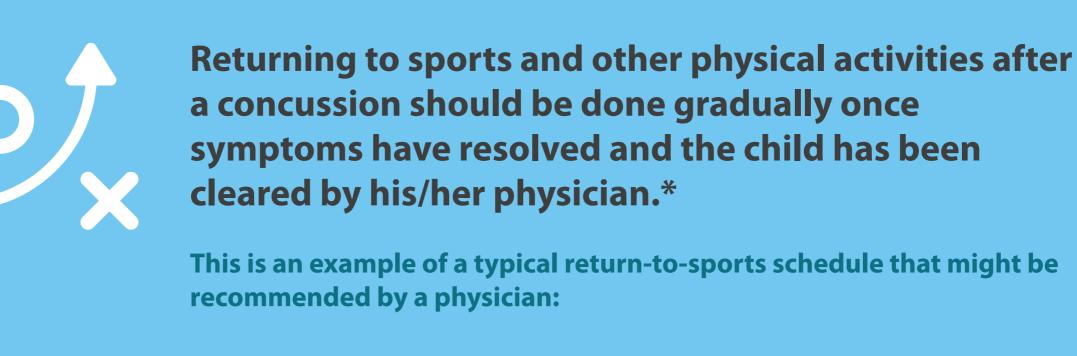
by how long symptoms persist, so

severe the concussion was until the

"severe" at the time of injury.

it is not possible to know how

athlete is fully recovered.



DAY 1:

Light aerobic

exercise

Day 2:

Simple

sports-specific

same, and the recovery

Unfortunately, it is not

possible to predict how

long symptoms will last.

SMTWTFS

Over-the-counter pain medications

are not recommended for treating

concussion symptoms.

individual.

process is unique to each

HOW TO REDUCE THE RISK OF CONCUSSION FOR YOUR YOUNG ATHLETE

Coaches, parents and athletes all should learn to

recognize signs and symptoms of concussions.

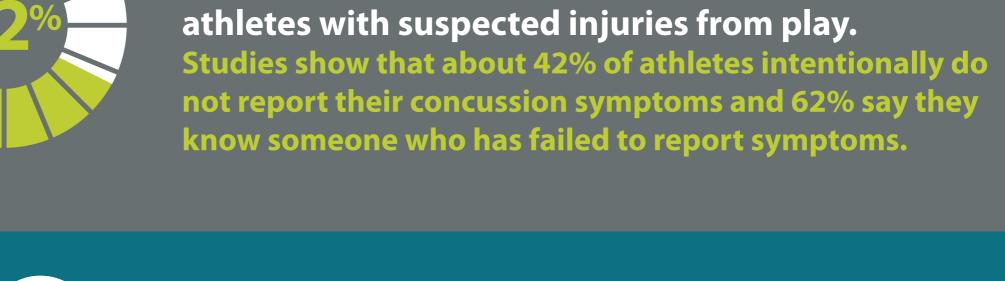
rules of the sport.

Day 4:

Full practice

including

Ensure that protective equipment required by the sport fits properly, is in good condition, and is worn consistently and correctly.



up if they are injured, and they should remove

