



Name: _____ Injury Date: _____ Evaluation Date/Time: _____

Sport: _____ Mechanism: _____

Referred to Physician

Referred by Ambulance

Parent/Guardian Transport to E.R.

Symptoms reported during evaluation:

Loss of Consciousness

Convulsion/Seizure/Tremor

Confusion/Difficulty Remembering

Numbness/Tingling

Slurred Speech

Vomiting/Nausea

Change in Personality

Nystagmus/Abnormal Pupil Reaction

Blurred Vision/Double Vision

Decreased Peripheral Vision

Dizziness/Balance Problems

Feeling Overly Tired, Sluggish, or Foggy

Sadness/Emotional

Difficulty Concentrating

Delayed Response to Questions

Ring in the Ears

Headache

Sensitivity to Light/Noise

WHAT IS A CONCUSSION?

A concussion is a bruise to the brain that can occur from a direct blow to the head or whiplash.

HOW IS A CONCUSSION DIAGNOSED?

There are many factors that go into diagnosing a concussion. The symptoms listed above are typically used to determine if an athlete has sustained a concussion.

IS THERE DIFFERENT SEVERITIES WHEN IT COMES TO A CONCUSSION?

Yes. Majority of the time, when an athlete sustains a concussion they will report symptoms such as; headache, nausea, dizziness, and difficulty concentrating. These are normal and will typically resolve within a few days. More severe concussions may result in symptoms such as; loss of consciousness, amnesia, severe neck pain, numbness or tingling, seizure, and continuous vomiting. If these symptoms occur medical attention is needed IMMEDIATELY, parents should call 911.

CAN MY CHILD TAKE ANY MEDICATION FOR THEIR HEADACHE?

Yes. Tylenol is recommended for the treatment of headaches associated with a concussion. Other medications such as Advil, Aleve, Ibuprofen, or Motrin are not recommended. They contain blood thinners that may result in symptoms worsening.

SHOULD MY CHILD SLEEP WITH A CONCUSSION?

Yes. Rest is key to concussion recovery. Everyone reacts differently to a concussion. Some may feel that they need to sleep more often, while others may have difficulty sleeping. Both are normal reactions.

DOES MY CHILD NEED TO BE SEEN BY A DOCTOR?

Yes. Pennsylvania requires that a high school athlete must be cleared by a physician prior to returning to their sport.

MY CHILD HAS A CONCUSSION NOW WHAT?

After evaluating the athlete, an athletic trainer on staff will contact you to inform you of the incident. Athletes that sustain a concussion and have common symptoms should schedule an appointment with their family doctor to be evaluated. It is recommended that they do so within a few days of their injury. Athletes with more severe symptoms should be seen immediately. Once the athletic training staff receives a doctor's note clearing the athlete, and the athlete is symptom free the return to play progression will begin. This is a 5 step program. The athlete must complete each step without the return of symptoms in order to move on.

Day 1: The athlete must go 24 hours symptom free. No activity occurs on this day. It is a monitoring day where the athletic training staff establishes that the athlete is healthy enough for activity.

Day 2: This is a light cardio day. The athlete will complete 20-30 minutes of cardio.

Day 3: This day incorporates cardio and "head jostling" movements; such as pushups, sit ups, & burpees.

Day 4: The athlete will participate in a non-contact practice. They will not participate in live scrimmaging or any drills where they may sustain direct contact to their head.

Day 5: This is a complete practice day. The athlete will complete all drills at practice under the supervision of the athletic training staff.

CAN MY CHILD GO TO SCHOOL?

Yes. Majority of the time, an athlete can continue to attend school. The nurse is contacted by the athletic training staff in case the athlete needs medication or a break from class due to symptoms. A physician may provide a note excusing the athlete from school if their symptoms increase with school work. This will not affect them academically. Athletes will not be cleared to participate in P.E. class until they complete the entire return to play with the athletic trainers.

SHOULD MY CHILD STAY OFF THEIR ELECTRONIC DEVICES?

Many times, an athlete with a concussion will find that certain activities will increase their symptoms. These include; texting, video games, reading, watching television, or listening to music loudly. If your child finds that any of these activities increase their symptoms they should decrease their time doing them.

Athletic Training Staff

Heather Wood: Heather.wood@sluhn.org

Christian Klucsarits: Christian.klucsarits@sluhn.org

Office Phone: (610) 944-1247 x20154

Office Fax: (610) 944-5308

Doctor's notes can be faxed to the athletic office or can be turned in directly to the athletic training room.