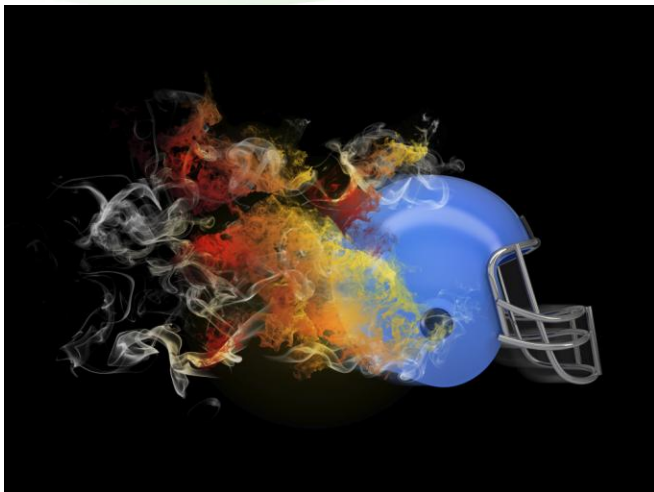


Mercy Sports Medicine

Concussions



The term concussion describes an injury to the brain resulting from an impact to the head. By definition, a concussion is not a life-threatening injury, but it can cause both short-term and long-term problems. A concussion results from a closed-head type of injury and does not include injuries in which there is bleeding under the skull or into the brain.

While most concussions result from an impact directly to the head, there is documentation of impact to the chest or back which results in concussive episodes. The mechanism in this case is an impact to the body which results in transfer of force to the neck. The head violently moves forward and back. In that there is a fluid medium around the brain, this allows for the brain to float forward and back inside the skull. When the head stops, the brain continues to migrate forward or back, impacting on the inside of the skull resulting in damage to the brain.

The symptoms of concussion can be different. However, when any of the symptoms listed, individually or collectively are present the assumption must be the athlete has been concussed and immediate medical intervention is required. Fortunately, if the athlete follows the evidenced based functional progression, 80 percent of concussions successfully resolve in 7-10 days.



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- Poor Coordination
- Ringing in the Ears
- Light Sensitivity
- Noise Sensitivity
- Problems Sleeping
- Poor Concentration
- Vision Problems
- Vomiting
- Loss of Consciousness
- Poor Balance
- Dizziness
- Drowsiness
- "In a Fog"
- Headache
- Irritability
- Memory Problems
- Nausea
- Neck Pain
- Nervousness
- Amnesia

In Ohio, HB 143 was passed. The legislation defined the correct intervention for concussion management. The bill was signed into law in 2013 and precisely states the following:

If an athlete is concussed or is perceived to be concussed by an athletic trainer, coach or an official, he/she may not return to play for at least 24 hours. The athlete must be seen by a physician and proceed through a functional sports progression before being cleared to return to play by a qualified health care professional.

For more information visit
Mercyweb.org/sportsmedicine