

# Hospital Calls Out Bell Rung Injury

## Common Sports Injuries Explained

### What Does “Bell Rung” Mean?

Coach just said your child had his “bell rung”. Your son tells you he’s “seeing stars.” That doesn’t sound so bad considering the hit he just took. So how serious is this?

Physicians, recently releasing information on the seriousness of youth concussions or traumatic brain injuries (TBI), have not condoned the use of slang such as “bell rung” or “ding” since it tends to downplay the gravity of this injury.

In fact, to underscore the seriousness of the injury, physicians have recently changed their practice of classifying concussions as “mild”, “moderate”, or “severe”, saying that the level of damage is not easily measured and that all concussions are serious.

Concussions have been in the news lately with the recent ruling against the NFL to compensate thousands of football players for TBI’s. Second Impact Syndrome (SIS) has also recently made headlines as more people realize that some youth are not pulled from the game and then receive a second—and more serious—concussion before the first one has had time to heal.

### **Causes of Concussions**

A concussion or TBI can occur from a head snap, a hit or a bump while engaged in sports or play. A serious brain bounce can occur even with a light hit, so it is not easy to determine the extent of the injury by the observed incident. Almost half of patients don’t even realize they have suffered a TBI since the symptoms were mild and they “shook it off”.

### **Concussion Symptoms**

When the brain bounces inside the skull, cells become damaged and swollen and connections become pulled and strained. Symptoms can include any of the following:

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- Headache
- Nausea and vomiting
- Dizziness
- Vision problems
- Memory loss or forgetfulness
- Fatigue
- Balance problems
- Sleeplessness or too much sleep
- Anxiety
- Mood problems
- Depression
- Irritability
- Difficulty thinking
- Slow response
- Sensitivity to noise and light

### **Treatment for Concussion**

It is important to have a physician check out your child right away. Children's Health has a [clinic near you](#) for easy access. Your physician will likely recommend a complete brain rest to fully recover including no reading, video games, TV, computers or other activities that will cause stress or strain. It is important to see a physician since studies show that youth who have received one concussion are susceptible to additional ones. Second Impact Syndrome should be a primary concern of parents and coaches.

### **Concussion Prevention**

Besides making sure your child has the [best-rated](#) helmet possible that fits properly, it is nearly impossible to prevent a TBI. You can make sure he practices proper tackle forms to try to prevent injuries.

While strides are being made to educate the public about the seriousness of concussions and to not downplay them with nicknames like "bell rung", it is important that you are on the front line to assess your child and to take him to a physician for proper clearance to continue to play.