

Brain Healing / Brain Health Tips from OneHitAway Foundation

Four Pillars of Brain Healing and Brain Health

Tip: Empower yourself and your team with “tomorrows practice” by adopting the Four Pillars of brain healing and brain health.

Recognition of Concussion Symptoms

Tip: Take the symptoms of a concussion seriously...do not challenge the concussion....its not worth it.

The Role of OneHitAway Foundation

Tip: OneHitAway Foundation is your concierge for the “healing of sports-related concussions”.

3.8 Million per year estimated with concussions

It is Estimated that 50% go unreported.

What physically happens to your brain after damage from a concussion?

Tip: When a Concussion occurs, the 3 pound “soft brain” is tossed around in the interior boney cage of your skull.

Potential Long-Term Ramifications of sports related brain injuries.

Tip: A concussion is no different than a broken arm or a leg, in the sense that if you do not properly heal it, there usually will be long-term ramifications.

Being a Great Teammate On and off the Field of Play

Tip: Join the “Chip Up Club” - do not let your teammate convince you that he or she is fine and that they will tough it out. Nobody wins! It is too dangerous to ignore.

What to do in the event of a possible concussion to your child or yourself?

Tip: No matter the game's circumstances, an athlete with a suspected concussion should be removed immediately from play

Nutrition & The Concussed Student Athlete.

Tip: It is Vital to feed the brain properly when it is injured.

An Anti-inflammatory diet enhances long-term brain healing.

Tip: Sustain long-term brain healing by adopting the following brain foods into your daily diet.

Age and Gender

Tip: An Athlete's Age and Gender does influence the symptoms and healing of a concussion.

Brain Healing / Health Modalities

Tip: In sports, there are 2 factors that define the course of our brain's health: if and how we injure it and how we heal it.

The Three Brain Healing Modalities.

Recognition Technology

Here are four types of monitoring devices you should consider and research.

Learn About Brain Healing

Tip: OneHitAway promotes education, support and resources for brain healing and brain health for individuals, teams and other organizations affected by sports related concussions.

It is Important to Stay Hydrated

Tip: If you experience a concussion it is essential that you stay hydrated.

Understand the potential damage from Sub-Concussive Concussive Hits.

OneHitAway Promotes proper return to school protocol after a concussion.