

# Common Injuries in Young Athletes: Concussions

## Overview:

A concussion is a type of traumatic brain injury. Concussions are particularly common if you play a contact sport, such as football or soccer. Most individuals usually recover fully after a concussion. If you believe you have experienced a concussion-causing hit to the head, refrain from participating in physical activity and see a medical physician.

## Why it occurs:

A concussion is caused by a blow or jolt to the head, as well as a hit to the body causing the head and brain to move rapidly back and forth. The concussion occurs as a result of the brain hitting the inner walls of the skull when violently shook. Brain function can also be disturbed in the incident of a concussion, resulting in periodic loss of consciousness. No concussion is the same, and symptoms may vary among individuals. If you experience a blow to the head or begin having symptoms of a concussion, see a physician immediately.

## General Symptoms:

- Headache
- Nausea or vomiting
- Dizziness, poor balance or unsteadiness
- Sensitivity to light and noise
- Tiredness
- Blurred or double vision
- Irritability or personality changes
- Difficulty falling asleep or sleeping more than usual

## Symptoms Requiring Immediate Medical Attention:

\*Appearance of any of the following symptoms indicates that the athlete may have a significant head injury that requires immediate medical attention\*

- Persistent vomiting
- Severe headache that is continuing, increasing or changing in pattern
- Seizure or convulsion
- Difficulty arousing the athlete
- Slurred or altered speech
- Unusual or bizarre behavior
- Confusion or disorientation such as difficulty remembering events or meaningful facts
- Pupils that are dilated, unequal in size or non-reactive to light

## What to expect when visiting a physician:

First, you will be asked to complete a concussion analysis form. This includes rating your current symptoms, as well as how you felt immediately after the incident. The physician will discuss the symptoms with the patient and will complete a physical exam analyzing vestibular, vision and standard coordination abnormalities. You will complete the concussion analysis form at each follow-up visit.

## Potential treatments that you may be given:

Brain rest is important for athletes suffering a concussion. Brain rest includes a decrease in electronic usage time, decrease in school work (academic accommodations per physician) and increased sleep time (limit sleep obtained by naps). The athlete will be withheld from all sports activity until asymptomatic and cleared by the physician to participate. Once asymptomatic, an IMPACT test may be completed and if cleared, a return to play plan will be started. A "Return to Play" protocol will be given to the patient and takes a MINIMUM of 5 days to return to full-contact sport.

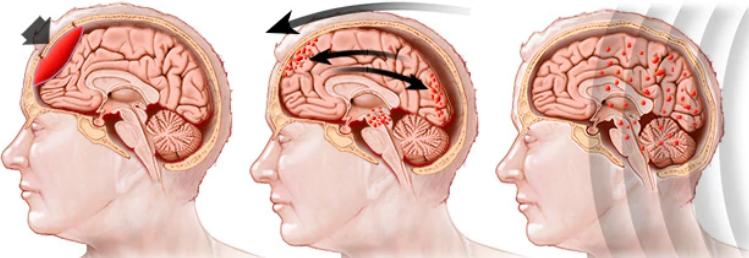
## What to do if a concussion occurs on a weekend or after clinic hours:

If you suspect your child has experienced a concussion during the weekend or after clinic hours, take action by checking for any symptoms. In all scenarios, it is important to refrain from participating in any sports or physical activity. Electronic usage, including cell phones and video games, should be limited until further evaluated by a physician. If experiencing general symptoms, you may wait to see a medical provider during clinic hours. An appointment may be scheduled at St. Vincent Sports Performance online, or you may attend our walk-in clinic from 8-10 AM Monday - Friday. If your child is experiencing more severe symptoms, call your primary care physician or visit an emergency department immediately.

Direct impact injury

Acceleration-deceleration injury

Blast injury



If your child is experiencing symptoms consistent with those of a concussion or any other injury, our sports medicine physicians Dr. Dan Ordaz and Dr. Bree Simmons are here to help. Call 317-415-5795 to schedule an appointment, or schedule online at [definingsportsperformance.com](http://definingsportsperformance.com)

Walk-in appointments are available Monday-Friday from 8:00-10:00am for acute injuries occurring in the last 24-48 hours.

St. Vincent Fishers Hospital  
13861 Olio Road, Suite 302  
Fishers, IN 46037  
Mon, Wed, Fri 8:00am-12:00pm  
Tues, Thur 8:00am-4:30pm

