

# WHAT IS A CONCUSSION?

A concussion is a brain injury. Although often caused by a hit to the body, it can be from an indirect bump or jolt. These hits can cause the head and brain to move back and forth quickly. A concussion is diagnosed clinically by a professional.

Symptoms can be different for everyone. No one fits into a “cookie cutter” concussion.



## LECOM HEALTH SPORTS MEDICINE

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## LECOM HEALTH

## CONCUSSION Management

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# GOALS

Our primary goal as your LECOM Health sports medicine provider is to help guide you to complete healing of the concussion.

Next, we will optimize your return to academics or work.

Finally, we aim to provide a safe return to exercise and sports.

Please let us know of any setbacks or progression to fine-tune your care.

# ADDITIONAL RESOURCES

- Center for Disease Control & Prevention (CDC) Head's Up
- Pennsylvania Interscholastic Athletic Association (PIAA)
- National Collegiate Athletic Association (NCAA)



# RECOMMENDATIONS

- Mental Rest: Avoid loud noises, bright lights. Limit screen time of cellphone, computers, TV, gaming, and busy environments.
- Subthreshold Activity: Once cleared to start, goal will be to get heart rate elevated 10-20 minutes daily, in a controlled environment.
- Sleep, Hydration, and Nutrition: There can be “energy mismatches.” Hydrate with water or other clear liquids. Eat regular meals and snacks. Keep regular sleep schedule; short naps are OK.
- Psychosocial: Keep a positive outlook. Attend practices, team meals and meetings, possibly in a shortened capacity. Support your teammates.
- Return to School/Work: Normally, it is OK to continue; however, sometimes accommodations are needed. We will work with your school/employer to implement these as necessary.
- Return to Play: This is ideally done in a controlled environment using the concussion protocol steps as listed below.

# CONCUSSION PROTOCOL

1. Relative rest
2. Light aerobic activity
3. Sport specific exercise
4. Non-contact training drills/practice
5. Full contact practice
6. Full return to play



These symptoms warrant immediate **Emergency Room** visits:

**Any abrupt changes in symptoms**

**Severely worsening headaches**

**Vision changes**

**Extremity weakness**

**Slurred speech**

**Repeated vomiting, convulsions or seizure-like activity**

**Any personal or family concerns**

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