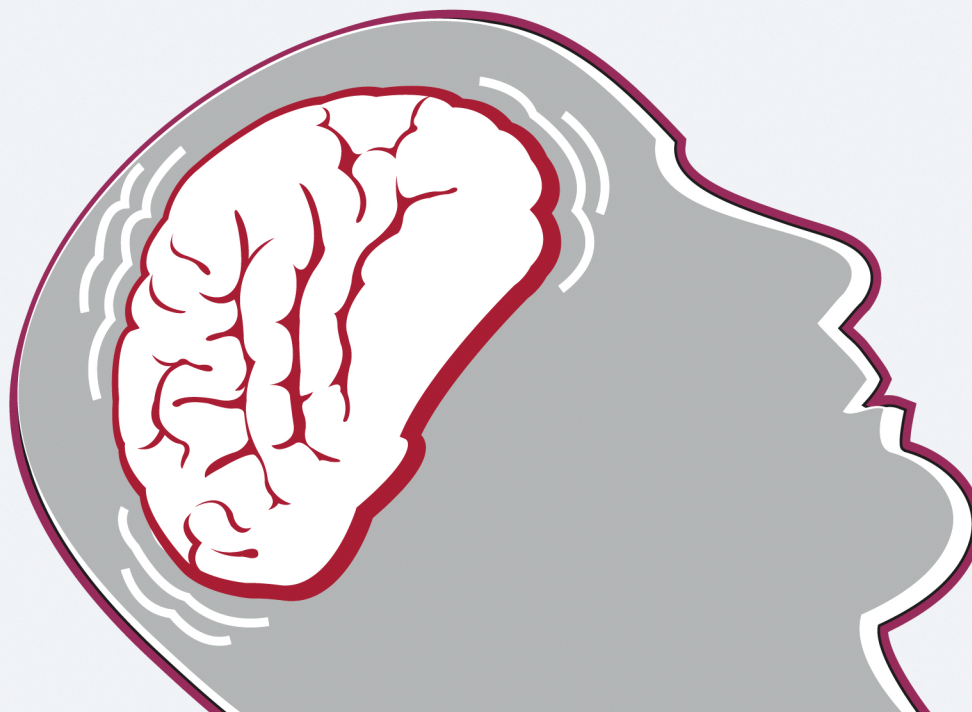


THINGS TO KNOW ABOUT CONCUSSIONS



WHAT IS IT? A concussion is a brain injury. It affects the way you may think and remember things, and can cause a variety of symptoms. Any blow to the head, face, neck or to the body that causes a sudden shaking or jarring of your head may cause a concussion. A concussion can result from any number of activities including colliding with another skier, being in a motor vehicle collision or slipping on an icy sidewalk.

WHAT ARE THE SIGNS AND SYMPTOMS?

You might experience one or more of the following:

PHYSICAL

- ☒ headache
- ☒ nausea or vomiting
- ☒ dizziness
- ☒ blurred vision
- ☒ fatigue or low energy
- ☒ sensitivity to light or noise
- ☒ loss of consciousness

COGNITIVE (THINKING)

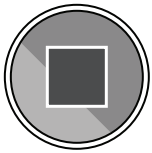
- ☒ general confusion or fogginess
- ☒ difficulty concentrating
- ☒ difficulty remembering

EMOTIONAL

- ☒ more emotional
- ☒ irritability
- ☒ sadness
- ☒ nervousness or anxiety



Symptoms usually last for seven to 10 days but may last for several weeks to several months in some people.



WHAT SHOULD YOU DO?

Get medical attention if there are any “red flag” symptoms such as neck pain, repeated vomiting, growing confusion, seizures, and weakness or tingling in their arms or legs. These may be signs of a more serious injury.

If you think you have had a concussion, you should immediately remove yourself from the current activity whether it is sports, work or school. It is important to tell a family member, friend, co-worker, teammate, employer, trainer or coach if you think you have had a concussion. You should not be left alone and should be seen by a medical doctor as soon as possible that day. You should not drive. Do not return to sport or activity the same day.

If you suspect a concussion, remove the person from the sport or other activity right away. They should not be left alone and should be seen by a doctor as soon as possible that day. They should not return to sport or activity the same day.



WHAT TO EXPECT WHEN YOU GO SEE A DOCTOR

Diagnosing a concussion may take several steps.

Your doctor may ask questions about previous concussions and your work and sport history, and may perform “neurocognitive” tests to evaluate orientation to time, date and place, memory skills and ability to pay attention or concentrate. A physical examination including assessment of coordination and balance will also be performed. Your doctor may request further tests including a CT scan or MRI if there is any concern about a structural head injury like bleeding in the brain. It is important to remember that concussions cannot be seen on standard imaging.

Your doctor should send you home with important instructions. Be sure to follow them carefully.



HOW IS IT TREATED?

The first step is a short period of rest – both physical and mental. Mental rest includes limiting activities that require focus, concentration, memorization or multi-tasking such as school, reading, texting, watching television, computer work and electronic games.

After 24 to 48 hours of rest, you can slowly and gradually start adding in activities, as long as they don’t worsen your symptoms. Recovering from concussion is a process that takes patience. Going back to activities before you are ready is likely to make your symptoms worse, and your recovery may take longer.

For more information:

[Parachute parachute canada.org/concussion](http://Parachute.parachutecanada.org/concussion)



WHEN CAN I RETURN TO SPORTS?

It is very important that you do not go back to full participation in sport if you have any concussion signs or symptoms. Return to sport and physical activity must follow a step-wise approach. Return to school/work should come before full return to sport.

THE SIX STEPS TO RETURN TO PLAY INCLUDE:

1. Daily activities that don’t worsen symptoms
2. Light aerobic activity like walking or stationary cycling
3. Individual sport-specific exercise, such as running
4. Training drills with no contact
5. Training with contact, once cleared by a doctor
6. Full game play or competition

Each stage of the process is at least 24 hours. Move on to the next stage when you can tolerate activities without new or worsening symptoms. If any symptoms worsen, stop and go back to the previous stage for at least 24 hours. If your symptoms persist and do not improve, consult your doctor.

Information provided by:

