



Connecticut Concussion Task Force

Concussion Facts[^]

- 10 % of all contact sport athletes sustain a concussion annually
- 63% of all concussions occur in Football
- Estimated that 20% of all football players sustain a concussion per season
- An athlete who sustains a concussion is 4-6 times more likely to sustain a second concussion
- Effects of concussion are cumulative in athletes who return to play prior to complete recovery
- The best way to prevent problems with concussion is to manage them effectively when they occur

[^] **ImPACT**™ web site www.impacttest.com :2006

Signs of Concussion*

- Appears dazed or stunned
- Confusion
- Difficulty remembering things that occurred prior to or after the hit
- Moves clumsily
- Slow response to questions
- Loss of consciousness
- Personality changes, gets irritable

Symptoms of Concussion*

- Headache
- Nausea
- Dizziness or Balance problems
- Blurry or double vision
- Sensitive to light
- Feeling sluggish
- Feels like in a fog or groggy
- Concentration or memory difficulty
- Confusion

* Adapted from Lovell MR et al., The American Journal of Sports Medicine 2004; 32(1):47-54

Concussion Management Guidelines

- Remove from activity and report injury to coach, parent and medical provider
- Don't return to play that day, rest
- Seek medical attention. If there was loss of consciousness or if symptoms worsen refer to emergency room
- Receive a neuro-cognitive exam to assist in determining if there are still lasting affects from the concussion
- Only return to play if there are no signs or symptoms of concussion at both rest and after exertional testing
- Use a progressive return to play protocol when returning to play
- **Never return to play if still suffering from Signs or Symptoms of concussion**