

•Q: Is there a minimal threshold for a diagnosis for concussion?

•A: National Athletic Trainers' Association Position Statement Recommendations which were published recently as part of the NATA Position Statement on Management of Sport Related Concussion by Guskiewicz, et al. J Athletic Training, 2004;39:280-297 states

- “Ding should not be used to describe a concussion, as it has no meaning relative to signs and symptoms, anatomic lesions, or pathophysiology.
- If the athlete shows concussion-like signs and reports symptoms after a contact to the head, the player has, at the very least, sustained a mild concussion.”

Remember too that,

- It takes a greater force to produce the same symptoms in a child as an adult. So, if you see something in youth, you know there had to be significant force involved. (P. McCrory, 2002)
- Since concussions are no longer graded (mild, moderate, severe) that if the athlete has any signs or symptoms of a possible concussion, they have a concussion.

If it walks, talks, speaks and acts like a concussion, then it is a concussion! When in doubt, sit them out!