

A CONCUSSION IS A BRAIN INJURY. TAKE IT SERIOUSLY!

"It's better to miss one game than the entire season."



www.SportsConcussion.com

QUICK FACTS:

- ➡ MOST CONCUSSIONS DO **NOT** INVOLVE LOSS OF CONSCIOUSNESS.
- ➡ YOU CAN SUSTAIN A CONCUSSION EVEN IF YOU DO **NOT** HIT YOUR HEAD.
- ➡ A BLOW ELSEWHERE ON THE BODY CAN TRANSMIT AN "IMPULSIVE" FORCE TO THE BRAIN AND CAUSE A CONCUSSION.
- ➡ CONCUSSIONS TYPICALLY DO **NOT** SHOW UP ON NEUROIMAGING SUCH AS MRI OR CAT SCAN.

**IF YOU HAVE ANY OF THESE SYMPTOMS GO TO THE DOCTOR
DO NOT IGNORE THESE SYMPTOMS**

- ☐ Confusion
- ☐ Dizziness or balance problems
- ☐ Headache
- ☐ Sensitive to light or noise
- ☐ Double or fuzzy vision
- ☐ Nausea or vomiting
- ☐ Feeling sluggish, hazy, groggy
- ☐ Difficulty paying attention & remembering

Concussion can affect academic performance

- Student-athletes may have difficulty functioning in the classroom, learning new material, completing homework and studying for tests.
- **Be aware** that driving may be impaired during recovery from concussion.

RETURNING TO NORMAL ACTIVITIES TOO SOON CAN PROLONG RECOVERY

GRADUATED RETURN-TO-PLAY EXERCISE PROTOCOL:

STEP 1: NO ACTIVITY, COMPLETE PHYSICAL AND COGNITIVE REST. THE OBJECTIVE OF THIS STEP IS **RECOVERY**.

STEP 2: LIGHT AEROBIC EXERCISE (WALKING, SWIMMING, STATIONARY CYCLING) KEEP INTENSITY UNDER 70% OF MAXIMUM HEART RATE. NO RESISTANCE TRAINING. THE OBJECTIVE OF THIS STEP IS **INCREASED HEART RATE**.

STEP 3: SPORT-SPECIFIC EXERCISE INCLUDING SKATING, DRILLS; NO HEAD IMPACT ACTIVITIES. NON-CONTACT TRAINING DRILLS INVOLVING PROGRESSION TO MORE COMPLEX TRAINING DRILLS; MAY INITIATE PROGRESSIVE RESISTANCE TRAINING. THE OBJECTIVE OF THIS STEP IS TO **ADD MOVEMENT**.

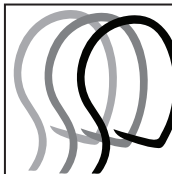
STEP 4: FOLLOWING MEDICAL CLEARANCE, PARTICIPATION IN NORMAL TRAINING ACTIVITIES.

THE OBJECTIVE OF THIS STEP IS TO **RESTORE CONFIDENCE AND ASSESS FUNCTIONAL SKILLS BY THE COACHING STAFF**.

STEP 5: RETURN TO PLAY INVOLVING NORMAL EXERTION OR ACTIVITY.



Mountainside Health
FOUNDATION
CREATING HEALTHIER COMMUNITIES



BRAIN INJURY ASSOCIATION
OF NEW JERSEY
825 GEORGES ROAD
NORTH BRUNSWICK, NJ 08902
(732)-745-0200
INFO@BIANJ.ORG

1-800-669-4323
HELPLINE