

My Falcon has a concussion?



What is a Concussion?

A traumatic brain injury induced by biomechanical forces

McCroy et al 2017

Concussions are one of the most commonly reported injuries in children & adolescents who participate in sports & recreational activities. The risk of catastrophic injury or death is significant when a concussion or brain injury is not properly evaluated & managed.

Concussion awareness act 2012



DO rest both mentally & physically
DO eat normal diet
DO communicate symptoms
DO seek medical attention if symptoms worsen

DON'T think you can drive - get a ride!
DON'T take aspirin
DON'T forget to minimize screen time
DON'T exercise or weight lift till cleared

Signs and Symptoms

Blurred vision Balance problems
Ringing in ears Headache

Memory difficulties
Concentration Issues

Communication & Understanding
Difficulties

Depression Anxiety Aggression
Personality Changes Acting Out
Social Inappropriateness



Get the facts

- Every concussion heals at a different rate
- There is no equipment that will protect %100 from a concussion
- You do not have to lose consciousness to have a concussion
- Majority of concussions do not require imaging (CT scan/MRI)

What is next?

- Assessments by the athletic trainer
- Cognitive tests
- Return to learn protocol
- Return to play protocol