



Byron Nelson Athletics Concussion Information

What is a concussion?

A concussion is defined as a brain injury that changes the way the brain functions. It can be caused by a minor bump, direct blow, or abrupt jolt of the head causing the brain to move rapidly back and forth against the inside of the skull. It is important to realize what seems like a minor bump to the head can quickly become a life – threatening situation if not treated properly. Most concussions occur WITHOUT the loss of consciousness, and proper recognition and treatment can help to prevent further injury and even death.

Who is most at risk for a concussion?

A concussion can be experienced by any individual that has had trauma to the head. However, children and adolescents are those among the greatest risk for concussion. Adolescents often require a longer recovery time to heal as well. Early and accurate recognition is essential to proper treatment and recovery.

What are the signs of a concussion?

- ✓ Individual appears dazed or stunned
- ✓ Confusion relating to events or information processing
- ✓ Slow answers to questions, or repeats questions frequently
- ✓ Inability to recall events prior or after the injury
- ✓ Loss of consciousness
- ✓ Behavior or personality changes.

What are the symptoms of a concussion?

- ✓ Difficulty thinking, concentrating, or remembering
- ✓ Headache
- ✓ Feeling of sluggish, hazy, foggy, groggy, fatigued or tired
- ✓ Emotional changes such as irritability, sadness, nervousness, etc...
- ✓ Headache or “pressure” in the head
- ✓ Difficulty balancing
- ✓ Blurry or double vision
- ✓ Sensitivity to light or noise
- ✓ Nausea or Vomiting
- ✓ Slurred speech
- ✓ Dizziness
- ✓ Ringing in the ears
- ✓ One pupil larger than the other one, or dilated pupils

The best guideline is to observe and **note symptoms that worsen** and behaviors that seem to represent a change in your son or daughter. If you have questions or concerns about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency room.

What are the risks for playing with a concussion or returning to play too soon?

Research has indicated that student-athletes who return to athletic participation before completely recovering from an initial concussion injury have an increased risk of sustaining a second concussion. The re-injury is typically caused by seemingly insignificant injury to the head, but can cause a longer recovery period and have catastrophic consequences. “Second Impact Syndrome” occurs when a concussion has been sustained and the athlete gets a blow to the head again. It could even be a minor bump. When this occurs rapid brain swelling, brain damage, and in some cases DEATH occur.

A person with a concussion may:

- Use acetaminophen (Tylenol®) w/ rotation of Advil or Aleve
- Omega 3's (Fish Oil Supplements)
- Use an ice pack on head and neck as needed for comfort
- Eat a light diet
- Go to sleep
- REST

A person with a concussion should NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Use a computer, play video games, watch TV for long periods of time, or text message
- Use Aspirin or other heavy blood thinners
- Drive while symptomatic

What do you do if your child has suffered a concussion?

1. Tell the coach immediately if he/she does not know already.
2. Contact one of the athletic trainers listed below. They will need to evaluate your child. If symptoms occur, the athlete **must be referred** to a physician, preferably an Impact® certified physician. The athlete can't participate again until they have been cleared by a physician, other than an ER doctor, and have completed a five step progression to return to play administered by the athletic trainer.
3. Once the athlete has been released by the physician, is symptom free, has completed the five step progressions protocol administered by the athletic trainer, and parents have signed the appropriate paperwork, the athlete may then return to play.

Preferred Provider Physicians:

If your child has sustained a concussion they must be evaluated by a physician before being allowed to return to play. We encourage you to schedule an appointment with an IMPACT® trained physician who is a specialist in concussions. The following is an IMPACT® trained physician. We can expedite an appointment with the physician. Please go through the athletic trainers to schedule this.

Dr. Jason Wander, DO
Baylor Family Medicine at Keller
620 S Main Street Suite 240
Keller, Texas 76248
817-912-8150
www.kellerfamilydoctors.com

Dr. Daniel Clearfield, MD
MaxHealth Family Medicine
5207 Heritage Ave.
Colleyville, TX 76034
817-355-8000
www.maxhealthmed.com

Return to Play Progressions:

After Clearance from the physician is given:

Contact one of the athletic trainers listed below to help rehabilitate and guide you through your return to play progressions. If you have any questions regarding this process please feel free to contact us at any time.

Contact Information:

Gus Stevenson ATC, LAT, CSCS
Head Athletic Trainer
Office: (817) 698-5742

Chelsee Smith, MS, ATC, LAT, PES
Assistant Athletic Trainer
Office: (817) 698-5691