

Did you know that sport related concussions are one of the most commonly occurring injuries in youth sport today? With many active youth in our community, it is important to understand the signs and symptoms of concussions and what to do if you think your child has sustained a concussion. Concussions can occur from direct trauma to the head or face, or with force transmission to the head. It is also very important to note that **loss of consciousness is not required** for a concussion to occur.

- **Common symptoms of concussion:** Headache, dizziness, nausea, neck pain, low energy/fatigue, blurred vision, problems focusing in school, balance problems, sensitivity to noise/light, increased irritability
- **Recovery from concussion:** The majority of individuals will recover within 7 – 10 days of the concussion; however some are left with persistent symptoms. If concussion is not treated correctly, symptoms may persist and can cause significant alterations in sport and daily activities. Individuals who have sustained previous concussions are at a higher risk of recurrence of concussion.
- **Treatment of concussion:** The initial treatment is both cognitive and physical rest. Once an individual is asymptomatic at rest, in conjunction with their physician and physical therapist they may begin a step wise return to sport. This needs to be tailored to each individual.
- Any athlete with a suspected concussion should be **IMMEDIATELY REMOVED FROM PLAY**, medically assessed, and should not be left alone or drive a motor vehicle.
- Wearing protective equipment such as helmets and mouth guards during indoor or outdoor sports can help to decrease the chances of sustaining a concussion. If an athlete returns to play too soon (i.e. still having symptoms), then they are at increased risk of sustaining another, more serious concussion and subsequent long term effects (i.e. months to years)



For more information on concussions, treatment, and how to decrease yours or your child's risk of concussion please visit our website at www.portagephysio.com