Concussion

-A traumatic brain injury caused by a blow to the head.

Prominent onsets-

* A violent blow to the head and neck or upper body can cause the brain to slide back and forth
* Sudden acceleration or deceleration of the head, caused by events such as a car crash, or sudden jerky movements
* Previous history of concussion
* Participating in high-risk sports such as football and basketball, without proper safety equipment and supervision

Symptoms-

Symptoms range from mild to severe and can last for hours, days, weeks, or months.

* A headache or a feeling of pressure in the head
* Temporary loss of consciousness
* Confusion or feeling as if in a fog
* Memory loss surrounding the traumatic event
* Dizziness
* Ringing in the ears
* Nausea
* Vomiting
* Slurred speech
* Delayed response to questions
* Appearing dazed
* Double vision
* Fatigue

Things not to be missed-

* Post-traumatic headaches- People experience headaches from a week to months after a concussion
* Post-traumatic vertigo- Sense of spinning or dizziness for days, week or months after concussion
* Post-concussion syndrome- symptoms such as headaches, dizziness and thinking difficulties.
* Cumulative effects of multiple brain injuries: Progressive impairment of cognitive function.
* Second impact syndrome: Experiencing a second concussion before symptoms of the first concussion have resolved, may result in rapid and usually fatal brain swelling

Treatment-

Rest- following a concussion the player should refrain form participating in sport or exercise (15 days.)

Light aerobic exercise- aerobic exercise at less than 70% max predicted HR (220-age) (Day 16)

Sport specific activities- Running drills no impact activities at all. (Day 17)

More advanced sport specific drills- to activate more complex neural pathways- (Day 18)

Contact practice- following the alleviation of all symptoms and having a SCAT test to show pre concussion scores a return to contact sessions can be completed providing there is no onset of symptoms- (Day 19& 20)

Return to play- Ensuring the player has no onset of symptoms following contact sessions the player can return to play (day 21) (23 says for u20)