

POP QUIZ!!!

SUBJECT: CONCUSSION KNOWLEDGE



1. Concussions always involve a loss of consciousness.
a. True b. False
2. A concussion is when the brain gets bruised.
a. True b. False
3. Concussions can only be caused by getting hit in the head.
a. True b. False
4. MRI and/or CT Scans are able to detect concussions.
a. True b. False
5. Losing consciousness is indicative of a severe concussion.
a. True b. False
6. It is OK to return to activity the same day following a concussion.
a. True b. False
7. Most concussions take at least one month to heal.
a. True b. False
8. Children and adolescents recover faster than adults from concussion.
a. True b. False
9. Helmets and mouthguards can help prevent concussion.
a. True b. False
10. Previous concussion history increases risk of future concussions.
a. True b. False



Answers: 1. False, 2. False, 3. False, 4. False, 5. False, 6. False, 7. False, 8. False, 9. False, 10. True.

PRE-SEASON BASELINE

Westview's Sports Medicine Center is proud to offer a triad of clinically validated and scientifically recognized baseline concussion assessments including:

- SCAT3 with Vestibular-Ocular Exam
- ImPACT computer based cognitive testing
- AXON computer based cognitive testing
- Biodex Balance System testing

POST-INJURY CARE

Westview's Sports Medicine Center offers comprehensive post-concussion services including:

- Expedited referrals to physicians, neurologists and neuropsychologists
- Serial monitoring of symptoms and recovery
- Short term academic accommodations
- Physical and/or Vestibular Therapy
- Gradual return to activity progressions
- Clearance to resume sport/activity participation
- Concussion education

For additional information, pricing and scheduling, please contact:

Westview Health Care Center
150 Ware Road, Dayville, CT 06241
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WESTVIEW

SPORTS

MEDICINE

CONCUSSION MANAGEMENT SERVICES

RECOGNIZE

A concussion is a trauma induced disturbance in brain function caused by contact to the head or a transmitted force to the body. Athletes participating in contact or collision sports such as football, soccer, ice hockey, lacrosse and basketball are at a higher risk of sustaining a concussion during the course of their athletic careers, but no sport or activity is without concussion risk.

Concussion signs & symptoms include:

- Headache
- Fogginess or confusion
- Dizziness, balance difficulties or loss of coordination
- Dazed appearance, drowsiness or slow/slurred speech
- Difficulty concentrating or memory problems
- Sensitivity to light and/or noise or visual problems
- Disturbances in emotions, personality or sleep patterns
- Loss of consciousness

Concussion Facts:

- Concussion signs/symptoms may be delayed by hours
- 80% of concussions resolve within 7-10 days
- Recovery may take longer in children and adolescents
- Cognitive difficulties may persist after symptoms resolve

REMOVE

Any athlete with a suspected concussion should immediately be removed from activity. The athlete should promptly be evaluated by a health care professional trained in the recognition and management of concussion.

Any athlete with suspicion or diagnosis of concussion cannot return to play on the same day.

REFER

Timely evaluation and proper management are crucial to ensuring the safest and most expedient recovery following a concussion.

In the state of Connecticut, health care professionals trained in concussion recognition and management include:

Physicians
Physicians Assistants
Advanced Practice Registered Nurses
Certified Athletic Trainers



Top: The SCAT3 vestibular-ocular exam measures various concussion symptoms in injured athletes.

Below: The Biodex Balance System is used to generate quantitative data for baseline testing as well as post-injury performance.



REST

Resting physically and mentally are the cornerstones of concussion management. This may mean making modifications to school and work schedules, while also avoiding sports and other recreational activities until symptoms subside or resolve.

RETURN

Return to the classroom or work should be done gradually as symptoms allow. Returning to normal academic and/or work load should always precede return to activity or sports.

Return to sport or activity is done in a gradual, progressive manner that places the safety of the athlete at the forefront. Returning to sports or activity too soon following concussion can lead to a variety of problems both short and long term. Clearance by a health care professional trained in concussion recognition and management is required prior to full return to sports or activity.



Westview's Certified Athletic Trainers are trained in the field of concussion recognition and management while maintaining the safety and welfare of all who engage in athletics.