

COMPLICATIONS

- Post-Traumatic Headaches
- Post-Traumatic Vertigo
- Post-Concussion Syndrome
- Second Impact Syndrome
- Chronic Traumatic Encephalopathy (CTE)

Second Impact Syndrome:

Within the first few weeks after an initial concussion an additional concussive blow may lead to malignant cerebral edema (swelling) that could result in severe injury or death.

Post Concussion Syndrome (PCS) :

Athletes with symptoms lasting longer than 7-10 days may be diagnosed as post-concussive. In some cases, PCS is misdiagnosed and is actually a cervicogenic issue.

PCS Risk Factors:

- Female gender
- Advanced age
- History of previous concussion
- Type of impact
- History of mood disorder

Cervicogenic Headache:

Headaches may arise from bony structures or soft tissues of the neck, a condition known as a cervicogenic headache. The pain is likely referred from one or more muscular, neurogenic, or vascular structures in the neck. It is often the result of a head, neck or whiplash injury.

PRE-SEASON BASELINE

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

- SCAT3 with Vestibular-Ocular Exam
- Biodex Balance System testing

POST-INJURY CARE

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

- Expedited referrals to physicians, neurologists, neuropsychologists and speech language pathologists
- 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 from forces applied directly, or indirectly, to the skull that result in rapid acceleration and deceleration of the brain.

A concussion may occur from a motor vehicle accident, work related injury or athletics.

Concussion signs & symptoms include, but are not limited to:

- 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

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
Speech Language Pathologists



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.

REHABILITATE

If you continue to suffer following a concussion, you may have post-concussion syndrome and could benefit from treatment by a Speech Language Pathologist. **A Speech Language Pathologist (SLP) is a health professional who not only specializes in speech, language, swallowing and voice, but also cognition.** An SLP can work with you to identify your current communication concerns and develop an effective treatment plan.

Therapy may include exercises and strategies to target how you communicate (listening, understanding, following conversations, speaking, thinking of what to say, reading, writing) and cognition (memory, attention, thinking and processing information).

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.

RETURN TO PLAY PROTOCOL

Day 1: No Activity

Day 2: Light Exercise; 70% max heart rate

Day 3: Sports Specific Movements

Day 4: Non-Contact Practice

Day 5: Full Contact Practice

Day 6: Full Return to Play

Return to Sport is done progressively after a 24 hour asymptomatic period and successful passing of SCAT 3 / VOMS.

Source: NATA Position Statement: Management of Sport Concussion