

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the brain works and functions.

Concussions are not just caused by participation in contact or collision sports. Concussions can occur from a blow to the head or the body and can occur during a fall, accident, or sport participation.

You do not have to lose consciousness or get “knocked out” to suffer a concussion.

Concussion injuries are mild traumatic brain injuries that are characterized by a myriad of symptoms, clinical presentations, and recovery trajectories.

Concussion injuries are self-limiting injuries that will resolve within 3 weeks in the majority of patients (approximately ~80%).

Some patients (approximately ~20%) will take over 3 weeks. This variability is attributed, in part, to various risk factors associated with concussions. Risk factors can include aspects of both personal and family history occurring either before or after the injury.

TCO SPORT-RELATED CONCUSSION PROGRAM

CONCUSSIONS ARE TREATABLE

Our expert team of providers take a Targeted Evaluation & Active Management (TEAM) approach to concussion injuries.

YOUR VISIT WILL INCLUDE A COMPREHENSIVE EVALUATION AND MAY INCLUDE:

- Past history/current symptoms
- Neuropsychological testing
- Vestibular-ocular motor screening
- Balance screening

OUR EXPERT PROVIDER'S FINDINGS WILL RESULT IN AN INDIVIDUALIZED TREATMENT PLAN AND MAY INCLUDE:

- Behavioral modifications
- Graded exercise prescription
- Vestibular rehabilitation
- Oculo-motor rehabilitation
- Cervical spine rehabilitation

OTHER SERVICES THAT MAY BE PROVIDED:

- Return to learn/school planning
- Return to sport/activity planning
- Return to work planning
- Physician clearance for return to play

SCHEDULING

P: 952-456-7777

QUESTIONS?

E: SpecialtyPrograms@TCOmn.com

LOCATION INFORMATION

TCOmn.com/Sports-Medicine

CONCUSSION 101



TREATMENT AND MANAGEMENT OF CONCUSSIONS

TCOmn.com



**TWIN CITIES
ORTHOPEDICS**

WHAT ARE COMMON SYMPTOMS OF A CONCUSSION?

- Headache or pressure in your head
- Nausea
- Dizziness
- Changes in vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Fogginess
- Difficulty concentrating
- Difficulty remembering
- Fatigue
- Sleep disruption
- Sleeping more or less than usual
- Feeling more emotional
- Nervousness/anxiousness
- Sadness



WHAT SHOULD YOU DO IF YOU SUSPECT YOU HAVE A CONCUSSION?

REPORT IT TO YOUR PARENTS, COACH, ATHLETIC TRAINER, AND/OR ANOTHER SCHOOL ADMINISTRATOR.

WATCH FOR “RED FLAGS” THAT MAY INDICATE A MORE SIGNIFICANT INJURY:

- Very significant headache
- Slurred speech
- Seizures
- Lack of coordination
- Difficulty breathing
- Vomiting
- Changes in vision
- Stumbling/loss of balance
- Personality change

IF YOU HAVE ANY OF THESE SYMPTOMS SEEK IMMEDIATE MEDICAL ATTENTION.

THERE IS NO NEED TO:

- Check the eyes with a light
- Wake up every hour
- Stay in bed or a dark room
- Seek emergency care unless you have “red flag” symptoms (see above)



APPROPRIATE HOME CARE AFTER A CONCUSSION

IT IS OKAY TO:

- Use acetaminophen (Tylenol)
- Use an ice pack on the head or neck
- Hydrate well
- Eat as tolerated
- Get a good night’s sleep
- Complete homework to tolerance

AVOID:

- Texting/playing video games
- Driving
- Strenuous activity
- Taking NSAIDs (Advil, Aleve, aspirin, ibuprofen)

RETURN TO PLAY CONSIDERATIONS

If you return to activity before your concussion is healed, you are at risk for re-injury. This will usually result in a much longer recovery.

You should have your return to play managed by a Sports Medicine Physician or Athletic Trainer.

RETURN TO PLAY PROCESS:

- 1 No symptoms at rest
- 2 Light exertion (e.g. exercise bike) without return of symptoms
- 3 Sport-specific activity (e.g. running, cutting, jumping, lifting) without return of symptoms
- 4 Non-contact practice without return of symptoms
- 5 Full contact practice without return of symptoms
- 6 Return to game activities