

**What is a concussion?**

A concussion is a type of brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly.

**What are the signs and symptoms of a concussion?**

You can't see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how your child or teen is acting or feeling, if symptoms are getting worse, or if s/he just "doesn't feel right." Most concussions occur without loss of consciousness.

If your child or teen reports *one or more* of the symptoms of concussion listed below, or if you notice the symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

**SIGNS OBSERVED BY PARENTS OR GUARDIANS**

**SYMPTOMS REPORTED BY YOUR CHILD OR TEEN**

<ul style="list-style-type: none"> <li>•Appears dazed or stunned</li> <li>•Is confused about events</li> <li>•Answers questions slowly</li> <li>•Repeats questions</li> <li>•Can't recall events <i>prior</i> to the hit, bump, or fall</li> <li>•Can't recall events <i>after</i> the hit, bump, or fall</li> <li>•Loses consciousness (even briefly)</li> <li>•Shows behavior or personality changes</li> <li>•Forgets class schedule or assignments</li> </ul>	<p>Thinking/Remembering:</p> <ul style="list-style-type: none"> <li>•Difficulty thinking clearly</li> <li>•Difficulty concentrating or remembering</li> <li>•Feeling more slowed down</li> <li>•Feeling sluggish, hazy, foggy, or groggy</li> </ul> <p>Physical:</p> <ul style="list-style-type: none"> <li>•Headache or "pressure" in head</li> <li>•Nausea or vomiting</li> <li>•Balance problems or dizziness</li> <li>•Fatigue or feeling tired</li> <li>•Blurry or double vision</li> <li>•Sensitivity to light or noise</li> <li>•Numbness or tingling</li> <li>•Does not "feel right"</li> </ul>	<p>Emotional:</p> <ul style="list-style-type: none"> <li>•Irritable</li> <li>•Sad</li> <li>•More emotional than usual</li> <li>•Nervous</li> </ul> <p>Sleep*:</p> <ul style="list-style-type: none"> <li>•Drowsy</li> <li>•Sleeps <i>less</i> than usual</li> <li>•Sleeps <i>more</i> than usual</li> <li>•Has trouble falling asleep</li> </ul>
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Children and teens with a concussion should **NEVER** return to sports or recreation activities on the same day the injury occurred. They should delay returning to their activities until a health care professional experienced in evaluating for concussion says they are symptom-free and it's OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class,
- Sports practices or games, or
- Physical activity at recess.

**RETURN TO SCHOOL ACTIVITIES**

The following is a recommended sample return to physical activity protocol based on the Zurich Progressive Exertion Protocol: <http://sportconcussions.com/html/Zurich%20Statement.pdf>

**Phase 1-** low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24 hour period proceed to;

**Phase 2-** higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. If tolerated without return of symptoms over a 24 hour period proceed to;

**Phase 3-** Sport specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to;

**Phase 4-** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to;

**Phase 5-** Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24 hour period proceed to;

**Phase 6-** Return to full activities without restrictions.

Information obtained from:  
 U.S. Department of Health and Human Services Centers for Disease Control and Prevention  
 AND [www.nyshsaa.org](http://www.nyshsaa.org) and refer to New Concussion Law