

# HFM Sports Concussion Clinic

## CONCUSSIONS

...don't just happen to the pros.

### What is a concussion?

- A concussion is a brain injury.
- Concussions are caused by a bump or blow to the head. Even a “ding” or what seems to be a mild bump or blow to the head can be serious.
- You can't see a concussion.
- Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

~Information from the CDC

### Common signs & symptoms of a concussion:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Do not “feel right”

### What can be done to help reduce my risk of a concussion?

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment for the game, position or activity including personal protective equipment such as helmets, padding, shin guards, eye guards and mouth guards.
- Be sure protective equipment is correctly worn and fits well.
- Wear protective equipment every time you play.
- Learn the signs and symptoms of a concussion.

### TAKE THESE STEPS IF YOU SUSPECT A POSSIBLE HEAD INJURY:

- 1 Seek medical attention by a physician trained in concussion management or an Athletic Trainer.**  
A health care professional will be able to decide how serious the concussion is and when it is safe to return to sports.
- 2 Remove yourself from ALL physical activity.**  
Concussions take time to heal. Don't return to play until a health care professional says it's OK. Those who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting you for a lifetime.
- 3 Tell your coach about ANY recent concussion.**  
Coaches won't know about a recent concussion in another sport or activity unless you tell them.



Dr. Marjorie Delo of HFM's Sports Concussion Clinic is the County's ONLY credentialed ImPACT consultant.

For more information visit [hfmhealth.org/concussion](http://hfmhealth.org/concussion).

### Questions?

See your athletic trainer or call the HFM Sports Concussion Clinic at 320-5241.