



Guidelines for Coping with Concussion

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury requiring medical attention and management.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Look for any of the following signs and symptoms of a concussion following a blow to the head:

<ul style="list-style-type: none"> ● Headache or “pressure” in head ● Nausea or vomiting ● Balance problems or dizziness ● Double or blurry vision ● Light or noise sensitivity ● Feeling sluggish, foggy, or groggy 	<ul style="list-style-type: none"> ● Concentration or memory problems ● Confusion ● “Feeling off” or “feeling down” ● Appearing dazed or stunned ● Unsure of game, score, or opponent 	<ul style="list-style-type: none"> ● Clumsy movements ● Slow to answer questions ● Loss of consciousness (even briefly) ● Mood, behavior, or personality changes ● Forgetfulness
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SIGNS AND SYMPTOMS WARRANTING EMERGENCY MEDICAL EVALUATION.

In rare cases, a dangerous collection of blood may form on the brain after a blow to the head. Call 9-1-1 right away or go directly to your nearest emergency department if you have one or more of the following signs of this condition:

<ul style="list-style-type: none"> ● One pupil larger than the other ● Severe drowsiness or inability to wake up ● Worsening headache that does not go away. 	<ul style="list-style-type: none"> ● Altered speech/coordination, weakness/numbness, ● Repeated vomiting or nausea, convulsions, or seizures ● Unusual behavior, confusion, restlessness, or agitation
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WHAT TO DO IF YOU HAVE A CONCUSSION OR SUSPECT YOU HAVE A CONCUSSION.

- Remain out of athletic activities or activities posing a risk for further head injury.
- Take a balanced approach between activity and rest.
 - It is generally safe to participate in most normal, non-contact daily activities of a light-to-moderate intensity. You should take breaks as necessary to manage symptoms if they reach a 3/10 to 4/10 severity rating.
- Seek Prompt Medical Attention.
 - Call 855-NH-SPORT to be promptly scheduled for a concussion evaluation. Each concussion is unique and consultation with a health care professional will develop an individualized treatment plan to treat your injury.

Behavioral Management Strategies: These strategies can decrease symptoms and promote recovery.

1) Sleep: Follow a regulated sleep schedule, with similar bed time and wake time each day. Avoid naps, unless napping was a part of your typical schedule prior to injury, as naps can lead to poor sleep at night.

2) Diet: Follow a routine eating schedule, eating at the same time each day. Do not skip meals, especially breakfast, as it is important to keep your body fueled to help your brain recover.

3) Hydration: Dehydration can worsen symptoms, it is recommended to consume 70-90 oz or 9-11 8 oz cups daily. Fluids may come from water or electrolyte beverages (coconut water, sports drink).

4) Physical Activity: Get some type of physical activity every day, even if it is just a light walk. Take a break if any of your symptoms reach a 3/10 to 4/10 severity. It is important to remain involved in social activities during recovery.

5) Stress: Physical and emotional stress can worsen symptoms. Your doctor may provide you with academic accommodations or work restrictions to reduce stress level while you are recovering. It is also important to practice relaxation and seek support from friends and family.

Call 855-NH-SPORT to schedule with one of our Concussion Specialists.