

### Signs and Symptoms:

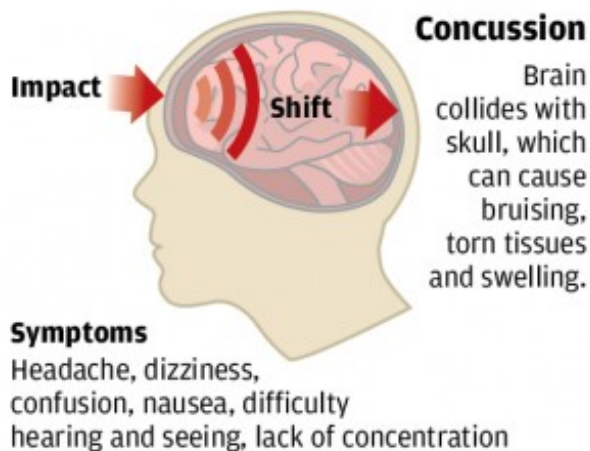
- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions
- Appearing dazed

### What is a Concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

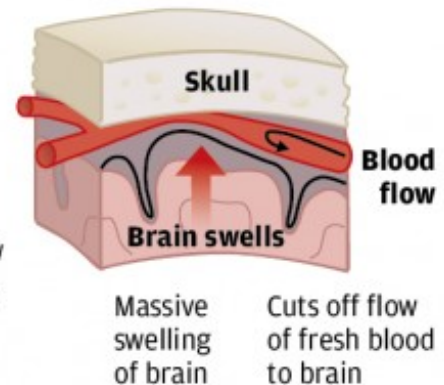
### Traumatic head injuries

*A concussion occurs when a blow to the head results in the brain slamming against the skull.*



### Second impact syndrome

When a player who is not fully recovered from a concussion suffers a second blow to the head, it can be fatal.



SOURCE: American Academy of Neurology, U.S. Centers for Disease Control and Prevention, KRT

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## **How is a concussion diagnosed?**

An evaluation is performed looking at signs and symptoms, eye tests, coordination, balance and cognitive testing. ImPACT is a valuable tool providing clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices as part of determining safe return to play decisions.



## **What can I expect from my physical therapist for treatment of my concussion?**

Your physical therapist will evaluate you for dizziness, vertigo, vision with head motion, and balance. A treatment plan will be individualized according to your specific symptoms, but will often include exercises that help to decrease dizziness, improve balance, and restore clear vision when the head is moving. A comprehensive approach will be taken to

## **How is a concussion treated?**

Rest is typically the most common treatment for a concussion. Rest includes staying away from physical activities, mental concentration, possible shortened school days, and decreased workload from school. Depending on the extent of symptoms, you may be referred to physical therapy for treatment.

## **What is ImPACT?**

ImPACT is a computer based neurocognitive assessment. Typically a baseline test is administered and re-tests are provided if it is believed one may have a concussion. It is a sophisticated test of cognitive abilities that helps to track recovery of cognitive processes following concussion. It is helpful in determining return to play and academic needs following a concussion.



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