

CONCUSSION INFO

INITIAL MANGEMENT



- Direct observation for 4 hours. Call 911 or go to ER if: unprovoked loss of consciousness, worsening drowsiness, change in behavior, severe headache, slurred speech, numbness, weakness, confusion, or seizure
- Avoid NSAIDS for the first 24 hours
- Schedule an evaluation with a medical professional, preferably a neurologist, to develop a plan of care and begin the return-to-sport process

RETURN TO ACTIVITY

- Return to light activity after 48-72 hours. Prolonged rest can lengthen symptom duration
- Return to more strenuous activities under medical guidance
- See a medical professional for health clearance prior to returning to contact activities



FACTS



- Concussions are a temporary injury that last 1-3 weeks. Symptoms beyond that timeline may be post-concussion syndrome
- Getting a concussion does NOT make it easier to get another
- Concussions do NOT get worse with each injury
- Each injury is different and should be treated differently based on the athlete's history and symptoms

FOLLOW UP

- Seek early evaluation to insure a quick and safe recovery
- For more information contact The Kutcher Clinic



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