WHAT IS A CONCUSSION?
A concussion is a brain injury. Concussions are caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” 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 a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of a concussion, or if you notice the signs yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:
• Appears dazed or stunned
• Is confused about assignment or position
• Forgets an instruction
• Is unsure of game, score or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows behavior or personality changes
• Can’t recall events prior to hit or fall
• Can’t recall events after hit or fall

Symptoms Reported by Athlete
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Sensitivity to light
• Sensitivity to noise
• Feeling sluggish, hazy, foggy or groggy
• Concentration or memory problems
• Confusion
• Does not “feel right”

HOW CAN YOU HELP YOUR ATHLETE PREVENT A CONCUSSION?
Every sport is different, but there are steps your athlete can take to protect themselves from concussion and other injuries.
• Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
• Ensure that they follow their coaches’ rules for safety and the rules of the sport.
• Encourage them to practice good sportsmanship at all times.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?
1. Stop play or practice.
   Your athlete should be immediately removed from play or practice. Notify coach immediately.

2. Seek medical attention right away.
   A doctor or other healthcare professional can tell if you have a concussion and when it is OK to return to play.

3. Give yourself time to get better.
   If you have a concussion, your brain needs time to heal. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.

4. Tell coaches and school nurse about ANY concussions.
   Coaches, school nurses, and other school staff should know if your athlete has ever had a concussion. Your athlete may need to limit activities while they are recovering from a concussion.
EDUCATION
Managing a concussion can be tricky. We provide information for athletes, parents, and coaches on concussions to help them recognize the injury and respond appropriately. Following a concussion, guidance is provided to make necessary modifications to daily routines such as school, work and activities to ensure they receive adequate rest.

RETURN TO PLAY GUIDANCE & SUPPORT
It’s hard to hold athletes back. They want to return to play as quickly as possible. However, it’s important to make sure it’s done safely. Most athletes who experience an initial concussion can recover completely, as long as they are not returned to exertion or contact play too soon. An athlete whose injury is not managed properly and returns to play before the brain has had time to heal is at great risk for further, more serious injury. This medically based program provides parents, coaches, physicians, school administrators and athletic departments the right plan and more confidence that the correct return-to-play or classroom decisions are made.

GENESIS CONCUSSION MANAGEMENT PROGRAM
The CDC estimates that as many as 3.8 million sports and recreation-related concussions occur each year in the United States, including those not treated by a health care provider. As many as 40 percent of youth athletes who sustain a concussion return to the field or court sooner than modern guidelines suggest. Among people aged 15-24 years, sports are now second only to motor vehicle accidents as the leading cause of traumatic brain injury.

Genesis Concussion Management Program provides concussion evaluation and management for any athlete, recreational athlete or non-athlete who participates in activities that may pose a risk for concussion. We offer:

- Pre and Post-injury testing (Concussion Vital Signs® and NeuroCom®)
- Written report of findings and specific recommendations to parents, primary care physicians, and school administrators, coaches and athletic trainers
- Recommendation for return to classroom

Concussion Vital Signs (CVS)®
Concussion Vital Signs® provides a web-based neurocognitive brain function baseline testing, a self-reported history, and post-concussion symptom rating scales. This assessment is used to establish an individual’s “normal” neurocognitive baseline so health professionals have a reference point they can use to measure an athlete’s neurocognitive function post-injury. “Neurocognition” refers to the higher brain functions: learning, remembering, concentrating, solving problems, and decision making.

NeuroCom®
Balance is controlled by an area of the brain that can also be affected by concussion. The NeuroCom® Balance Master uses technology developed by NASA to measure an individual’s balance. A baseline is obtained to establish an individual’s “normal” balance to use as a reference point for post-injury testing. The athlete stands on a platform inside a small booth that has sensors to measure postural stability (balance) as both the platform and the walls move.

FOR MORE INFORMATION
Visit www.genesishealth.com/rehab or call our Silvis location at (309) 281-4740, or Davenport location at (563) 421-1470.
Physical Rehabilitation

Genesis will not exclude, deny benefits, or otherwise discriminate against any person on the grounds of race, color, creed, national origin, sex, lifestyle, social status, age, disability, ability to pay, source of payment, or existence of an advance directive.

Interpreter services, auxiliary aids and communication tools are available in our patient care areas at no cost to patients and families with limited English skills or hearing and sensory impairments.

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