

503-ATHLETE NEWSLETTER

Concussions

Sports tips for Crossfire United ECNL by
the Specialists at Orthopedic + Fracture

"It's part of the game....Until it's you." – Mario Manningham, NFL Player

Feeling Like You're in a Fog?

Have you ever had a blow to the head that caused pressure in your head and made you foggy? That could very well have been a concussion! A concussion is an injury that alters the manner in which the brain functions. Generally, people assume that a concussion results in a loss of consciousness, but most do not! Effects of concussive injuries range from mild to severe, but people typically recover fully with sufficient time and rest.

How can I Prevent a Concussion?

A hit does not have to be delivered directly to the head to cause a concussion. A hit to the body, or even a fall, can also lead to a concussion provided that the incident results in a significant acceleration to the head. However, there are precautionary steps an athlete can take to prevent a concussion from occurring:

- Make sure you are wearing the appropriate protective gear during sports and any other recreational activities and ensure that they fit properly. While protective gear won't prevent a concussion, it can certainly reduce the impact of a hit.
- Perform strengthening exercises for your neck muscles. While it may not reduce the incidence of a concussion, some studies show that a stronger neck might absorb some of the shock of the blow and possibly reduce the risk of a concussion. 503-ATHLETE/O+F has developed a neck strengthening/concussion program for some of the teams – Check out www.503athlete.com.
- Regardless of the sport, try your best to avoid using your head as the point of contact. If you're a football player tackling an opposing player, lead with your shoulder rather than your head. If you're a soccer player going in for a header, quickly assess the situation and evaluate if a header is the only option.

When is it Safe to Return to Sport?

Regardless of the severity of a concussion, all athletes that sustain one must be removed from play with no same-day return. Then, they must undergo an evaluation by a certified athletic trainer, or a team physician. Only after an athlete is completely free of all symptoms and remains symptom-free during and after physical testing can a physician clear the athlete to gradually return to play. For more detailed information, [click here](#).

These tips provide general information only and are not a substitute for your own judgment or physician consultation.

SIGNS & SYMPTOMS

- Balance issues
- Dizziness
- Vomiting
- Feeling mentally foggy
- Headache
- Drowsiness
- Difficulty communicating
- Difficulty concentrating
- Memory difficulty
- Nausea
- Sensitivity to light or noise
- Feeling emotional
- Visual problems – blurry/double vision

Dr. J. Brad V. Butler
Sports Medicine Specialist
Orthopedic + Fracture Specialists



PARTICIPATING
SPORTS MEDICINE PRACTICE