



## Concussions:

- **What is a Concussion?**
  - A concussion is a type of traumatic brain injury that alters brain function.
  - This injury is the result of rapid translational or rotational movement of the brain within the skull.
  - Signs and symptoms of a concussion usually appear immediately after injury, but in some cases may take hours or days post-injury to develop.
  - The majority of concussions resolve in a short period (7-10 days), though some concussions may take longer.
  
- **Signs & Symptoms**
  - The following signs and symptoms observed or reported after a witnessed or suspected blow to the head or body are indicative of a probable concussion.

<b>Signs</b> (observed by others)	<b>Symptoms</b> (reported by athlete)	
Athlete appears dazed or stunned	Headache	Feels “foggy”, trouble thinking clearly
Confusion	Pressure in head	Difficulty concentrating
Forgets Plays	Neck pain	Difficulty remembering
Unsure about game, score, opponent	Numbness/tingling	Drowsiness
Moves clumsily (altered coordination)	Fatigue	Difficulty sleeping
Balance Problems	Dizziness	Sadness
Personality/Mood Changes	Nausea or vomiting	Nervousness/ anxiousness
Responds Slowly to Questions	Sensitive to light or noise	Irritability
Can’t recall events prior to hit	Double vision	Feeling more emotional
Can’t recall events after hit	ringing in ears	Feels sluggish/slowed down
Loss of Consciousness (any duration)		

Consult with your Providence Athletic Trainer for questions or more information.