

Concussion

Cove Pediatrics

What is a concussion?

A concussion is usually caused by a blow or jolt to the head that is severe enough to cause symptoms. If the head is hit hard enough, the brain can be shaken inside the skull causing a concussion. A concussion cannot be diagnosed by X ray or other imaging.

Less than 10% of children will lose consciousness but most will often feel dizzy or sick after the injury.

Common symptoms of concussion:

Physical symptoms

Headaches
Fatigue
Trouble sleeping
Blurry or double vision
Sensitivity to light or noise
Dizziness
Nausea

Thinking (cognitive)

Not remembering how the
concussion happened
Confusion
Foggy thinking
Difficulty paying attention
Forgetfulness
Memory problems
Difficulty at school

Emotional and behavioral

Easily annoyed or angry
Irritable
Emotional- crying more
Personality changes

Be on the alert for symptoms that worsen. If your child becomes extremely sleepy or loses consciousness, vomits repeatedly, develops weakness, numbness, trouble walking or visual changes or becomes confused you should get immediate medical attention.

Treatment

The most important treatment for a concussion is physical and mental rest. This means to encourage rest and avoid any activities that make symptoms worse. Some children and teens can attend school full time or on a more limited basis. We are happy to help determine what schedule will work best for you and can make changes depending on how symptoms progress.

We would recommend **limiting screen time** as that does make most children worse. You may listen to music or audiobooks.

We would recommend **avoiding significant academic testing** until symptoms have resolved.

It is extremely important to **prevent another concussion** so avoid any activities that might lead to a concussion (bike, skateboards, playground equipment, gymnastics, martial arts, sports).

Return to play

Most athletes are frustrated at not being able to return to play, however it is important to go slowly as participation can worsen symptoms or a second concussion.

Once your child is **asymptomatic at rest for 48 hours** you may begin to follow the general rules for return to play as written out below. If at any point symptoms return then **rest until asymptomatic again for 48 hours**.

Once they have completed the retraining pathway without symptoms please call our office for an appointment so we can provide a written note to return to sports.

____ Date of injury

____ Date symptoms resolve

____ Day 1 and 2 after symptoms resolve please continue to rest

____ Day 3- light aerobic exercise- walk at slow pace, no resistance training

____ Day 4 -moderate aerobic exercise- fast walk or jogging, no resistance training

____ Day 5- sport specific exercise- running, passing drills, high energy training

____ Day 6- resistance training- running, harder training drills, progressive weight training

____ Day 7- may go to regular practice or do full work out

Call our office 508-999-5300 for appointment for clearance to play

