



The Facts About Concussion

What is Concussion? Concussion or mild traumatic brain injury (mTBI), has been defined as an injury to the brain caused by traumatic biomechanical forces. The trauma may be to the head OR to the body. This brain injury interferes with the normal physiological processes of the brain.

What are the Signs and Symptoms of a Concussion?

Symptoms reported by athletes:

- Headache or pressure in head
- Balance problems or dizziness
- Feeling 'slowed down'
- Just doesn't 'feel right'
- Sleepiness or grogginess
- Nausea or vomiting
- Sensitivity to light noise
- More emotional
- confused

Signs observed by parents/coaches:

- Loss of consciousness (LOC)
- Appears dazed or confused
- Vacant stare, 'glassy-eyed'
- Memory problems
- Moves clumsily
- Cannot concentrate or focus
- Slowed or slurred speech
- Responds slowly to questions
- Any change in behavior

What Should Be Done If Concussion is Suspected?

1. The athlete should be removed from sport activity and acute care provided.
2. Coaching staff should notify parents of suspected injury.
3. Parents should take athlete to be checked by a clinician with experience in current concussion management guidelines
4. The athlete should be prohibited from further competition or practice until properly evaluated and cleared.

NEVER allow an athlete to return to sport if there are any symptoms or observable signs.

What Is Think Head First? Think Head First (THF) is a comprehensive program created to increase overall public awareness and provide proper management of mild traumatic brain injury (mTBI), also known as concussion. Our vision is to enhance knowledge and understanding of this common sport injury. For athletic teams, we provide remote medical support and consultation, including remote access to post-injury testing.



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