

LET'S TALK ABOUT CONCUSSION

A topic that sometimes elicits fear in people, but likewise others try to sweep it under the carpet like it's a minor issue and say "ah I'll be grand, it's just a little knock"

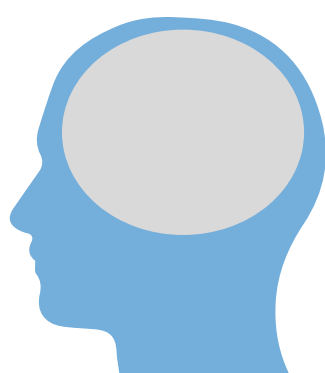
WHAT IS CONCUSSION



It is a *mild traumatic brain injury* which results in altered brain function.

We know that the brain is our think house sending and receiving signals constantly to control how we function, yet we still see players and coaches wanting to continue playing when they have possibly sustained a concussion. A second concussion on top of one already may be fatal, is it worth the risk?

HOW DO YOU GET A CONCUSSION?



A concussion can happen due to a direct impact to the head or a rapid forceful movement of the head forwards and backwards. Basically, any incident which results in the brain shaking inside the skull.

You do not need to pass out or lose memory to have a concussion!

HOW DO I KNOW IF I'M CONCUSSED?



Everybody reacts differently, be aware of how you are feeling.

Having any of the following may indicate a concussion:

Headache	Dizzy	Nausea
Not feeling right	Tired	Balance issues
Trouble concentrating	Amnesia	Confused
Sensitive to lights	Moody	Irritable
Difficulty sleeping	Delayed reactions	
"Pressure" feeling in head		

WHAT DO I DO IF I HAVE CONCUSSION?



REPORT IT- If you have **any** of the above after an incident that may have caused a concussion it is important to tell to your coach, parents or health care professional.

It is also important that teammates, family and friends report any signs they see in people around them.

If a player receives a knock to the head, they should be removed from play and thoroughly assessed.

WHEN CAN I PLAY SPORT AGAIN?



Once a player has a concussion they need to complete a gradual return to play protocol with a trained professional. This is a step process whereby the player cannot return to sport with any residual signs of concussion, therefore minimising the risk of secondary impact syndrome (SIS) which can be fatal.

Concussion: **recognise** the signs, **report** to appropriate people, and **return to play gradually**

Recalibrate
SLIGO INJURY CLINIC