

## Impact Testing

- The Impact Test is a test run on athletes where they are presented with basic memory exercises, and reaction times. The test is a type of Neuropsychology
- Every athlete is compared to their own results, not the results of other athletes or a set of norms.
- About 24-48 hours after the onset of the injury the athlete will take the test, and then again after their symptoms have subsided.
- After a concussion occurs the baseline and the post concussion test can be compared to estimate the severity of the injury.
- The test is given again once symptoms have completely subsided (the brain has healed). The Athlete will be exertionally tested and Impacted again, if the results are within normal ranges of their baseline the 6 day return to play can begin after clearance (in writing) from a doctor.

In 2008 it became North Carolina state law that anyone suffering from a concussion must receive a doctor's note to return to play. Without this note the athlete will not be able to legally return to play. A Neuropsychologist is the best doctor to see for concussions, however your primary care physician can clear your athlete as well.



Panther Creek  
Sports Medicine

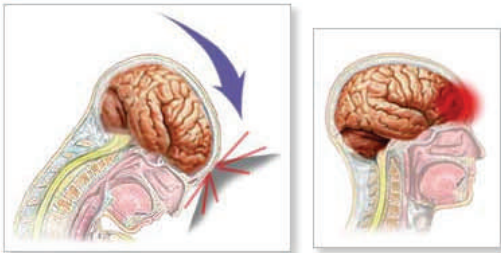
# Concussion



# Information

## Concussions

- A concussion is an injury to the **brain**.
- Concussions cannot be seen with the human eye, even MRI's or CAT scans cannot show concussions; unless blood is pooling between or within the patient's brain and skull, in which case the injury is very severe.
- Because you cannot see a concussion, it is important to take note of all the symptoms.



- A concussion happens when an athlete takes a blow to their head causing their brain to strike/hit against their skull.

## Symptoms

- Confusion
- Amnesia
- Headache
- Dizziness
- Nausea or vomiting
- Tinnitus (ringing in the ears)
- Loss of Consciousness
- Loss of balance
- Difficulty speaking
- Drowsiness
- Blurred vision

### Important things to keep in mind about symptoms...

1. Directly after the onset of a concussion, monitor the athlete for bizarre and abnormal behavior. If they fall asleep waking them up every now and then to check for abnormal behavior is a good idea, but excessive rousing is not necessary, twice a night is enough.
2. It is very important not to give the patient any type of medication unless doctor approved; especially not Aspirin. Giving the athlete medicine can mask the symptoms, which need to be monitored to determine if the concussion is becoming stronger or milder.

## Return to Play

- Rehabilitation for a concussion ends when all symptoms are gone.
- Rehabilitation is rest and only rest, the athlete should not partake in any strenuous activities, and should check in with their Athletic Trainer daily to monitor symptoms
- Once an athlete is symptom free for a minimum of 24 hours then the return to play progression can begin
- Day 1: Exertion test & Impact test
- Day 2: Light Aerobic Exercise
- Day 3: Sport Specific Exercise (Non-contact)
- Day 4: Non-contact Training Drills (no scrimmage or live play allowed)
- Day 5: Full practice.
- Day 6: Return to full participation

\*\*\* If anytime during the 6 day return to play the athlete's symptoms return, the progression stops. The athlete will be re-evaluated and wait 24hrs (minimum) after becoming symptom free (again) before starting progression at previous step .\*\*\*

Before return to contact an athlete will need written documentation from a Physician clearing them to progress to full play.

\*\*\*Your schools Athletic Trainer will provide you with this paper work.\*\*\*