

## 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 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 24 hours after onset can be compared to estimate the severity of the injury, as well as when and athlete is safely able to start their 3 day return to play.



Panther Creek  
Sports Medicine

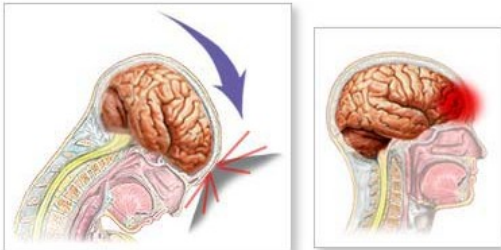
# Concussion



# Information

## Concussions

- A concussion is an injury to the **brain**.
- Concussions cannot be seen with the human eye, and 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 smack 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 symptoms are gone the athlete will take the Impact Test; if they are within normal range of their baseline a 3 day return to full participation will start.
  - Day 1: Non-contact (conditioning only)
  - Day 2: Light contact/drilling (no scrimmage or live play allowed)
  - Day 3: Full practice.
- \*\*\* If anytime during the 3 day return to play the athlete's symptoms return, they will be re-evaluated and will start the 3 day progression to return again after symptoms are gone.\*\*\*

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 be a good choice as well.