

Concussion is a brain injury and can be caused by a bump or blow to the head – even a mild bump or blow.

Signs and symptoms might show up right after the injury or not until days or even weeks after an injury.

Concussion is NOT always accompanied with loss of consciousness.



SIGNS AND SYMPTOMS OF CONCUSSION

Symptoms Observed by Parents

If your child experiences a blow or bump to the head during sports or practice, look for any of the following:

- Appears dazed
- Seems confused
- Moves clumsily
- Slowed speech
- Loses consciousness (even briefly)
- Personality change
- Inability to recall events prior to or after hit

Symptoms Reported by Athletes

- Headache
- Nausea or vomiting
- Dizzy
- Blurred vision
- Sensitivity to light and noise
- Sluggish feeling
- Difficulty concentrating or remembering
- Confused
- Feels “out of sorts”



**SPORTS MEDICINE CENTER
OF THIBODAUX REGIONAL**

290 Bowie Road | Thibodaux, LA 70301

985-493-4502 | www.thibodaux.com



Proud recipient of nine Summit Awards for sustaining highest level of patient satisfaction for three or more consecutive years.

CONCUSSION MANAGEMENT



**SPORTS MEDICINE CENTER
OF THIBODAUX REGIONAL**

What if You Think Your Child Has a Concussion?

- Don't try to assess it yourself.
- Seek medical attention immediately.
- Keep your child out of play until a medical professional determines that it is okay to return. Concussions take time to heal, and repeat concussions during the healing process can cause permanent brain damage.
- Report a recent concussion to the coach – especially if received in another sport or activity.

If Concussion is Diagnosed

If a physician diagnoses an athlete with a concussion, the athlete remains under the physician's care until symptoms have resolved. In addition to activity restrictions, modifications may be made to the athlete's lifestyle and schoolwork responsibilities.

Parents and coaches will be advised of proper rest and recovery, danger signs to watch for, when to seek immediate care and how to help reduce risk of a future concussion.

Before return to play, the athlete will follow a prescribed plan to monitor his or her progress.

Complete recovery from concussion is critical. The occurrence of a second concussion during the healing process can lead to permanent brain damage and even death.

Help Your Child Reduce the Risk of Concussion

- Ensure your child follows the coach's rules for safe play.
- Encourage good sportsmanship.
- Make sure your child gears up for the activity – helmets, padding, guards, etc., should be properly fitted and worn every time.
- Help your child understand the signs and symptoms of concussion.

It is estimated that more than 1 million visits are made each year to the emergency room for suspected concussion from youth sports. And some concussions go undiagnosed.

Advanced Concussion Testing Technology Available Exclusively at Thibodaux Regional

Objective - Accurate - Conclusive - Quicker
Diagnosis of Concussion For Safer Return to Play

For more information:
985-493-4502

We understand the importance of SAFETY in athletics.



Advanced Concussion Testing Technology

Baseline Testing – Before a Suspected Concussion

Baseline testing, often used in professional and college athletics, provides a pre-season evaluation of the athlete's abilities with which comparisons can be made in the event of an injury. Baseline testing is a valuable part of concussion management and determining objective, more accurate safe return to play.

Assessment of Balance and Brain Function During Baseline Testing

Brain function is altered as a result of concussion. Balance is a reflection of brain functionality. Experts at the Sports Medicine Center assess an athlete's balance, including posture control and sway velocity, during baseline testing before a concussion is suspected. In addition to balance, memory skills, learning and concentration are assessed. In the event of a blow or bump to the head, the athlete is tested again for both balance and brain function and the results of the two tests are compared – providing an objective, more accurate diagnosis and decision for safer return to play.

More About Concussion Baseline Testing

- The team coach, sponsor, school leaders or parents should schedule an appointment for the athlete with the Sports Medicine Center.
- Testing is conducted at the Outpatient Rehabilitation Center on the campus of Thibodaux Regional Medical Center.
- The baseline testing procedure is the same for all sports.
- One baseline test per year is recommended.
- Baseline testing is recommended for athletes age 10 and over.
- Baseline testing should occur pre-season, before practices begin.
- Cost for baseline testing is minimal.
 - Insurance does not cover concussion baseline testing.
 - Concussion baseline testing is painless and lasts approximately 10 minutes.