

## What is a sports related concussion?

Brain injury that is caused by a bump, blow, ding or jolt to the head that can change the way the brain normally works. It occurs from a fall or blow to the body that causes the head to move quickly back and forth. A second definition of a concussion describes it as complex process affecting the brain that is caused by direct blow to head/face/ or neck or a blow to the body directed toward the head. It may or may not cause a loss consciousness. In fact, most concussions do not involve a loss of consciousness.

1. <http://www.cdc.gov/concussion>
2. McCrory P, Meeuwisse W, Johnston K et al. Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport, Zurich 2008. Br J Sports Med 2009; 43: i76-i84

## How common are sports related concussions?

Approximately 1.6 to 3.8 million sports related concussions occur yearly in the United States. According to the CDC there were over 250,000 emergency department visits in 2009 for sports related concussions alone. While concussions can occur in any sport, football is the main sport causing concussions in high school boys while soccer and basketball are the leading sports causing concussions in high school girls.

1. Department of Health and Human Services (US), Centers for Disease Control and Prevention. Nonfatal Traumatic Brain Injuries Related to Sports and Recreation Activities Among Person Aged <19 Years, 2001-2009. MMWR. 2011; 60 (39); 1337-1342

## What are the signs and symptoms of a concussion?

- Difficulty thinking, concentrating, or remembering new information
- Feeling “slowed down”, “in a fog”, or tired
- Headache, blurry vision, dizziness, nausea, or vomiting
- Sensitivity to noise or light or balance problems
- Irritable, sad, emotional, nervous, anxious
- Sleeping more or less than normal or trouble falling asleep

1. <http://www.cdc.gov/concussion>

## What symptoms associated with a concussion should be evaluated urgently in the Emergency Department?

- Persistent vomiting
- Unequal pupils
- Worsening confusion
- Weakness on one side of the body
- Unconscious for more than 1 minute
- Having a seizure

1. <http://www.cdc.gov/concussion>

## How are sports related concussions managed at University of Florida OSMI?

Patients between the ages of 11 to age 18 who are suspected of having a sports related concussion are evaluated by a team of concussion specialists including sports medicine physicians and also neurologists, neuropsychologists, and certified athletic trainers when needed. The management of a concussion will include:

- SCAT 2 (Sport Concussion Assessment Tool 2)
- Balance Testing using the BESS test
- ImPACT™ computerized neuropsychological testing
- A Physical Examination
- Graded Return to Play Plan individualized for each athlete to return in a safe and timely manner

## Can concussions be prevented?

At the current time, there is no way to prevent sports related concussions. Both helmets and mouth guards have been advertised as preventing concussions but neither has been proven to do this. Helmets decrease risk of skull and facial injuries, and mouth guards decrease risk of dental injuries but neither have been scientifically proven to reduce the risk of concussions. After sustaining a concussion, it is important that athletes are evaluated and do not returned to play until the concussion has resolved. This decreases the risk of both short term and long term brain complications.

## How do I schedule an appointment to be evaluated for a sports related concussion?

Please contact us at (352) 273-7001 to schedule an appointment with one of our sports concussion specialists.

## OSMI & Shands UF Sports Medicine Providers

### Kevin Farmer, MD

UF Team Physician

### Michael Moser, MD

UF Team Physician

### M.Seth Smith, MD

Co-Medical Director of High School  
Outreach Program

### Jason L. Zaremski, MD

Co-Medical Director of High School  
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### Dan Herman, MD, PhD

### Bryan Prine, MD

Director of OrthoCare After Hours Clinic

### Kevin Vincent, MD, PhD

Director of Running Medicine Clinic