

Your Son/Daughter has been diagnosed with a concussion (also known as a mild traumatic brain injury). These instructions are designed to help speed your recovery. Your careful attention to them can also prevent further injury. Before your Son/Daughter is allowed to return to activity they must be evaluated and cleared by a physician. Rehab 3 Center for Athletes strongly recommends Dr. Fred Brennan at Seacoast Orthopedics & Sports Medicine. Dr. Brennan is an expert in Concussion Management and works closely with the Rehab 3 Athletic Training staff to ensure the highest level of care for your child. For an appointment with Dr. Brennan contact the Seacoast Center for Athletes at 603-577-SCFA (7232).

Sometimes the signs and symptoms from a concussion do not become apparent until hours after the initial trauma. The following list includes some but not all possible signs and symptoms of a concussion:

Sensitivity to light	Headache	Drowsiness	Balance problems/ dizziness
Trouble sleeping	Nausea	Blurred vision	Sleeping more than usual
Sensitivity to noise	Vomiting	Irritability	Difficulty concentrating
Numbness/ tingling	Fatigue	Sadness	Difficulty remembering
Feeling like in a "fog"			

If any of the following symptoms occur, bring your child to the nearest hospital emergency room.

- Any significant increase in intensity in the signs and symptoms listed above
- Severe headache that is not alleviated by Tylenol or cool packs applied to the head
- Repetitive or persistent vomiting
- Difficulty seeing, any peculiar eye movements, or one pupil larger than the other
- Restlessness, irritability, or drastic changes in emotional control
- Convulsions/ seizures
- Difficulty walking or using arms
- Dizziness/ unsteady gait or confusion that gets progressively worse
- Difficulty being awakened
- Difficulty speaking or slurring of speech
- Bleeding or drainage of fluid from the nose or ears
- Any new or severe symptoms

Instructions:

- REST is the key - get lots of rest. Physical rest and "brain" rest. Be sure to get enough sleep at night & take naps if possible.
- Limit physical activity as well as activities that require a lot of thinking or concentration (homework, video games, texting). These activities can make symptoms worse.
- You should not physically exert yourself (e.g., sports, lifting, running, biking) if you still have any symptoms of a concussion. Simply walking at a normal pace is okay.
- Drink lots of fluids and eat healthy foods. Do not drink alcohol.
- You may take two Tylenol (acetaminophen) every 6 hours as needed for headache. Nothing stronger unless authorized by a medical provider.
- Report any new or changing signs and symptoms to your athletic trainer.

Return to Play Guidelines: When your son/daughter is symptom free they will be progressed through the following steps by the athletic trainer to ensure a safe return to sport.

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full contact practice or training.

Step 5: Game play.

If symptoms occur at any step, the athlete should cease activity and be re-evaluated by their health care provider.