

Prevention/Recovery



ARIZONA CONCUSSION LAW

On April 21, 2011, Arizona governor Jan Brewer signed the state's new [youth sports concussion safety law](#).

- **Guidelines/education:** Calls for school districts boards to develop concussion guidelines and educational programs.
 - **Mandatory consent:** requires youth athletes, a parent and/or guardian sign and return a concussion and head injury information sheet on a [yearly basis](#)
 - **Immediate removal if concussion suspected.**
 - **Same day return to play only if suspected concussion ruled out.**
 - **Clearance before return to play.**
- Applies to private organizations using school athletic facilities.

Read more: <http://www.momsteam.com/arizona/youth-sports-concussion-safety-laws-arizona#ixzz2n6cSL9nD>

THE JOHNNY O FOUNDATION

A leader in promoting research and heightened public awareness to improve safety and reduce these TBI's for all Americans, from age 1 to 101.

Our 3 causes together are the 3rd largest cause of death in the US, only behind heart disease & cancer.

www.thejohnnyo.org

602.820.7655

Every sport and situation is different, but you can take steps to protect yourself:

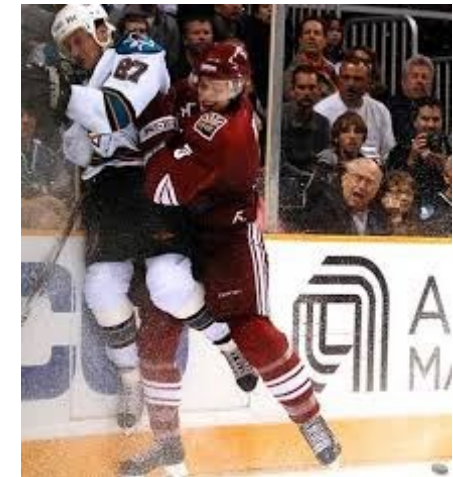
- Do not initiate contact with your head or helmet. Helmets protect against catastrophic injury, NOT against concussions.
- Follow your sport's rules for safety & sportsmanship
- Use the proper protective gear for your sport, position, or activity
- Educate yourself about concussion management

Increased awareness is the best way to raise the overall safety of sports

Recovery Tips

- Avoid situations that would result in another concussion – most concussions occur during the recovery period of the first head injury. Follow the "Return to Play" guidelines given by your neurologist/physician.
- Make sure to get plenty of rest & sleep. Light reading, listen to low volume music, or play games that require minimal concentration are ok if tolerable,
- Be sure coach/trainer is aware of your concussion
- While a concussion is an "invisible injury" it is still a brain injury and it is important to talk about it.
- Accept help & support from others

Traumatic Brain Injury & Concussion Clinic



What is a concussion?

A concussion is a brain injury caused by a bump or blow to the head. Even a blow to the body that causes the head to rapidly move back & forth can cause a concussion. Terms often used in sports, such as “getting your bell rung:” or a “ding,” can be a serious concussion.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Stop activities with contact risk. **WHEN IN DOUBT, SIT IT OUT!!**

Tell your coaches, parents, & trainer if you sustain a bump or blow to the head, Even if you feel fine right after, symptoms may get worse later. Also, it is important to look out for teammates who may have had a concussion and not realize it.

Get Evaluated by a licensed health care provider trained in diagnosing & managing concussions. This will give you the best plan for fast & full recovery, while minimizing negative impact on your daily life.

Danger Signs

CALL YOUR DOCTOR OR GO TO YOUR EMERGENCY DEPARTMENT with a sudden onset of any of the following:

- Headaches that worsen
- Seizures
- Slurred speech
- Look very drowsy, cannot be awakened
- Cannot recognize people or faces
- Increasing confusion
- Weakness or numbness in arms or legs
- Unusual behavior change
- Significant irritability
- Loss of consciousness
- Balance problems/ dizziness
- Memory or attention problems
- Trouble sleeping
- Light or noise sensitivity

Concussion Quick Check

Evaluate / know signs & symptoms

Take Action/ take immediate action

Seek Care / stop play & only return when released by

licensed health care provider

Testing Information

Baseline Testing

It is a pre-season exam conducted by a trained health care professional. Baseline tests are used to assess an athlete's balance and brain function, as well as for the presence of any concussion symptoms.

Only a health care provider should administer the test and interpret.

Comparing pre and post injury test results to assist health care professionals identify effects of injuries and inform return to school & play.

Types of Baseline Tests

SCAT3

<http://bjsm.bmj.com/content/47/5/259.full.pdf>

**Graded symptom checklist (GSC),
Standard Assessment of Concussion (SAC),
Balance Error Scoring System (BESS):**

http://concussionvitalsigns.com/Manuals/unc_concussion_policy_8-1-10.pdf