

Concussion Info Sheet

What is a Concussion?

- A concussion is a brain injury that is caused by a blow to the head or body. The blow can come from another person, a piece of equipment or the playing surface.
- A concussion can change the way your brain works.
- You cannot see a concussion. The symptoms may show up right away or they can take a couple hours or even days. Often imaging using MRI or CT Scans are negative.
- A concussion presents differently in each athlete, it can range from mild to severe.
- A concussion can happen during practice or competition. You do not need to be “knocked-out” to get a concussion. It can be serious even if you are “just dinged”.

What are the Symptoms?

- Headache or “Pressure” in the head
- Nausea or Vomiting
- Dizziness or Balance Problems
- Sensitivity to Light or Noise
- Feeling Slowed Down or “In a Fog”
- Difficulty Concentrating or Remembering
- Double or Blurry Vision
- Feeling Fuzzy, Sluggish or Hazy
- Feeling more Emotional, Irritable, Sad, Nervous or Anxious
- Feeling Confused
- Just don’t feel right
- **Symptoms may get worse or return with exercise or activities that require concentration**

How can I prevent a Concussion?

- Do not initiate contact with you head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid hitting an opponent in the head. Undercutting, flying elbows, stepping on heads, checking unprotected opponents & sticks to the head all cause concussions.
- Practice good sportsmanship at all times.

What should you do if you think you have a concussion?

- Tell your Athletic therapist, coaches and parents. Also tell them if you suspect a teammate might have a concussion. That is why there are injury timeouts and player substitutions. If in doubt get checked out.
- Do not return to practice or the game without getting assessed by a professional.
- Take time to recover. If you have a concussion your brain needs time to recover. If you return to activity before you are ready you are much more likely to have a repeat concussion.
- In rare cases, repeat concussions can cause permanent brain damage & even death.

COLLEGIATE SPORTS MEDICINE INC.

Concussion Symptom Tracking Form

SCAT3 Symptoms (Age 13+)

Directions:

To be completed by the patient daily.

In situations where the symptom scale is being completed after exercise, it should still be done in a resting state; at least 10 minutes post exercise.

SEVERITY RATING						
"You should score yourself on the following symptoms, based on how you feel now"						
None	Mild		Moderate		Severe	
0	1	2	3	4	5	6

Date of Concussion:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Symptoms														
Headache														
"Pressure in the head"														
Neck Pain														
Nausea or Vomiting														
Dizziness														
Blurred Vision														
Balance Problems														
Sensitivity to light														
Sensitivity to noise														
Feeling slowed down														
Feeling like "in a fog"														
"Don't feel right"														
Difficulty concentrating														
Difficulty remembering														
Fatigue or low energy														
Confusion														
Drowsiness														
Trouble falling asleep														
More Emotional														
Irritability														
Sadness														
Nervous or Anxious														
Total Number of Symptoms (Max22)														
Symptoms severity score (Max132)														
Symptoms worse with physical activity?														
Symptoms worse with mental activity?														