



SO, YOUR CHILD HAS A POSSIBLE CONCUSSION WHAT DO YOU DO?



WAKEFIELD
SPORTS + EXERCISE MEDICINE CLINIC



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ADELAIDE CONCUSSION CLINIC
Comprehensive Concussion Management

WHAT IS SPORT-RELATED CONCUSSION?

A Sport-Related Concussion [SRC] is a type of mild traumatic brain injury that can occur from a direct and/or indirect knock to the head. The symptoms and/or signs of a Sport-Related Concussion can be obvious right after a head injury or they may not appear until days or weeks after the head injury. What could seem to be a mild bump or knock to the head can be serious and requires appropriate attention.

Common causes include:

- > Head clash
- > Hard fall onto the ground or an opponent's body
- > A hit to the head from an opponent
- > A hit to the head from a ball or piece of sporting equipment

COMMON SIGNS & SYMPTOMS OF SPORT-RELATED CONCUSSION



You should consider using the [Concussion Recognition Tool 6](#) [CRT6] when there has been a suspected head injury. This includes the common signs and symptoms of a possible concussion, such as:

SIGNS OBSERVED OF THE ATHLETE:

- > Dazed, blank, or vacant look
- > Disorientation or confusion
- > Dizziness/balance problems/unsteady on feet/poor coordination
- > Inability to respond appropriately to questions
- > Answers questions slowly
- > Shows moderate behaviour or personality changes
- > Appears anxious and/or emotional

SYMPTOMS REPORTED BY THE ATHLETE:

- > Headache or 'pressure' in the head
- > Nauseous or vomits
- > Balance problems or dizziness
- > Blurry vision
- > Sensitivity to light and/or noise
- > Feeling slowed down or 'in a fog'
- > Difficulty concentrating/remembering
- > Confused/emotional/irritable/sad/anxious
- > Just 'not feeling right'

LOOK FOR RED FLAGS IMMEDIATELY AND OVER THE NEXT FEW HOURS

Sometimes other serious medical conditions can present similarly to a sport-related concussion. If you or your child have had a head injury, you will need to monitor for these symptoms and signs:

- > Neck pain or tenderness
- > Increasing confusion, agitation, or irritability
- > Repeated vomiting
- > Seizures or convulsions
- > Weakness or tingling/burning in the arms or legs
- > Deteriorating conscious state
- > Severe or increasing headache
- > Loss of vision and/or double vision
- > Visible deformity of the skull
- > Loss of consciousness or deteriorating conscious state
- > Unusual behavioural change

If ANY of the above Red Flags are present or become apparent (or you are unsure), call 000 for an ambulance for immediate medical attention.

REVIEW WITH A MEDICAL DOCTOR

Sport-Related Concussion is diagnosed by a Healthcare Practitioner [Medical Doctor], and this diagnosis should ideally occur within 72 hours of the head injury.

Recovery and rehabilitation of athletes who have been diagnosed with a Sport-Related Concussion should be overseen by a suitably qualified Healthcare Practitioner experienced in managing SRC.

Clearance to return to driving and contact sport should only be provided from a suitably qualified Medical Doctor.

TO BOOK AN APPOINTMENT

Please call 08 8232 5833 or use the QR code below.

MON-FRI: By Appointment
SUMMER HOURS:
Saturday 10AM-3PM. Sunday CLOSED
WINTER HOURS:
Saturday 10AM-5PM. Sunday 11AM-4PM



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