



Concussion Home Instructions

Your son/daughter has sustained a concussion on _____. Please read the following information as it will help to answer some of your questions & provide directions for follow-up care. If you have more questions, please contact Gene or Kristi.

Athletic Training Room: 404.765.4062

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What is a Concussion?

- A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head

Please seek immediate medical attention if your son/daughter exhibits any of the following:

- Develops a worse headache
- Becomes dizzy, drowsy or cannot be aroused
- Mental confusion
- Nausea or vomiting
- Pupils unequal size
- Ringing in the ears
- Convulsions
- Clear fluid coming from nose and/or ears
- Anything you find unusual

For the rest of the day your son/daughter should:

- Rest quietly
- Not drive a vehicle
- Avoid video games, bright lights, & visually stimulating activities

In the following days:

- Light activity is okay (i.e. school)
- It is okay to give Tylenol every 4-6 hours for headaches
- There is NO need to wake your son/daughter every hour, let them rest!
- Eat a light diet, avoid spicy foods
- He/she needs to check in with the Athletic Trainers daily to report symptoms.
- He/she is not allowed to participate until they have been cleared by a physician and/or Gene & Kristi. Criteria for returning to play will include no symptoms at rest, no symptoms with exertion & post concussion ImPACT results must be at or near the baseline scores.

ImPACT Testing

At Woodward Academy, we use the ImPACT Concussion Management system which is a computer based testing program that takes about 20 minutes and measures attention, verbal and visual memory, processing speed and reaction time. A baseline test is taken to register a baseline score of these items. In the event an athlete receives a concussion, a follow-up test will be performed to compare baseline results to the athlete's current state. This is yet another tool we can use in assessing an athlete's readiness to return to play. Please know that the ImPACT system does NOT diagnose concussions. Woodward Academy will use this program in conjunction with the athlete's history, physical exams, other physician ordered special testing (CT scans, etc.) and physician guidance in returning athletes to play.

Second Impact Syndrome

Second Impact Syndrome is a dangerous condition which can occur if an athlete returns to sports before full recovery. If you receive a second blow to your head (even a relatively minor one) before the symptoms of the initial concussion have cleared, the consequences can be deadly.