

Sports Concussion

(Sideline instructions from your Health Care Provider)

Athlete Name: _____ DOB: _____ Date: _____ Date of Injury: _____

When To Seek Care Urgently			
Seek care quickly if symptoms worsen or if there are any behavioral changes. Also watch for any of the following serious signs/symptoms, which may not appear immediately following the trauma, but can develop hours after the injury itself.			
Headache that worsens	Looks very drowsy or can't be awakened	Can't recognize people or places	Unusual behavior change
Seizure	Repeated vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loss of consciousness

Common Signs & Symptoms				
It is common for a concussed child or young adult to have one or many concussion signs or symptoms. Signs or symptoms present at time of evaluation are circled or checked.				
PHYSICAL		THINKING	EMOTIONAL	SLEEP
Headache	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling more slowed down	Nervousness	Trouble falling asleep
Balance problems	Dizziness			Trouble staying asleep

It is okay to:	There is no need to :	Do not:
Use acetaminophen (Tylenol) for headaches	Check eyes with flashlight	Drink alcohol
Use ice pack on head and neck as needed for comfort	Test reflexes	Take sleeping pills or sleeping aids
Eat a light diet	Stay in bed	Take products that contain ibuprofen (Advil, Motrin)
Go to sleep	Wake up every hour	Take products that contain aspirin or naproxen (Aleve)
Rest		Drive until medically cleared

Returning to Daily Activities

- Limit activities that require thinking or concentration (e.g., homework, job-related activity) as much as possible. These activities can make symptoms worse.
 1. Limit screen time (television and computer) as much as possible. Especially in the early stages of healing, a good rule of thumb is no screen time.
 2. Avoid reading, video games and text messaging as much as possible.
 3. Limit extra-curricular activities.
 4. Avoid loud noise and bright lights.
 5. As symptoms decrease, encourage frequent study breaks to avoid provoking symptoms (for example, studying for 15 minutes, then resting for 10-15 minutes, etc.)
- No physical activities until cleared by a medical professional. Physical activity includes PE, sports practices, weight training, running, exercising, heavy lifting, etc.
- Get lots of rest. Be sure to get enough sleep at night - no late nights. Keep the same bedtime weekdays and weekends.
- Take rest breaks when you feel tired or fatigued.
- Drink lots of fluids and eat carbohydrates and protein to maintain appropriate blood sugar levels and caloric intake.
- Under provider supervision, and as symptoms decrease, you may gradually return to your daily life activities. If symptoms worsen or return, lessen your activities, and follow-up with your health care provider.

- During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
- Repeated evaluation of your signs and symptoms is recommended to help guide recovery.

Comments: _____

Do not return to sports/vigorous physical activity until all your symptoms have completely cleared and you have been cleared by a medical professional.

Recommendations provided to: _____

Relationship: _____

Date: _____

Health Care Provider Name & Contact Information: _____

Please feel free to contact me if you have any questions. I may be reached at: _____