

## Management of Concussion

It is important to rest and give your brain time to heal. This includes both physical and cognitive rest.

When symptoms are present, sports activities and exercise should be avoided.

Activities that require concentration and attention (such as school work, video games, texting) may increase symptoms and possibly delay recovery and should be limited when symptoms are present.

Avoid risk-taking activities that could lead to a re-injury. Do not drive until medically cleared to do so, take medication only as prescribed by a physician and avoid alcohol.

Follow the advice of your health care professional for a step by step approach to return to activity.

Most concussions get better in a short period of time (7-10 days) without any further problems. However, if symptoms continue, further evaluation and treatment by a health care practitioner may be useful.

More information is available through links with community services, educational material and education sessions (see back of pamphlet).

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## For more information on concussion/mild brain injury contact:

### Provincial Acquired Brain Injury Education and Prevention Coordinator

Saskatchewan Health  
3475 Albert Street  
Regina, Saskatchewan  
S4S 6X6

Tel (306) 787-0802  
Fax (306) 787-7095  
[kfroehlich@health.gov.sk.ca](mailto:kfroehlich@health.gov.sk.ca)

### Helpful Websites:

[www.abipartnership.sk.ca](http://www.abipartnership.sk.ca)  
[www.concussionsafety.com](http://www.concussionsafety.com)  
[www.thinkfirst.ca](http://www.thinkfirst.ca)

# Acquired Brain Injury (ABI) Partnership Project

## Concussion/ Mild Brain Injury

**NOTE:**

*This pamphlet is for information only.  
Do not attempt to treat a concussion.  
Always consult a physician.*

## What is a concussion?

A concussion is a brain injury. It affects how your brain works and may produce a variety of symptoms. It is caused by a direct blow to the head or elsewhere in the body with the force transmitted to the head.

A concussion can occur even if you have not been knocked out. All concussions are serious injuries. The majority of concussions resolve in a short period (7-10 days), although recovery may be longer in some cases.

Early recognition and proper management of a concussion when it first occurs can help prevent further injury.

*You do not have to be “knocked out” to have a concussion.*

## What are the signs and symptoms of concussion?

Concussion symptoms may vary with each person and with each injury. Symptoms of a concussion may appear right after the injury, or sometimes symptoms may not be noticeable for hours or days. If you notice any symptoms of concussion, you should seek medical attention.

- Headache or “pressure” in the head
- Confusion
- Difficulty remembering
- Difficulty paying attention or concentrating
- Balance problems, poor coordination
- Dizziness
- Slurred speech
- Feeling slowed down, sluggish, groggy
- Feeling irritable, more emotional
- Nausea, vomiting
- Bothered by light or noise
- Double or blurry vision, “seeing stars”
- Ringing in the ears
- Slowed reaction time
- Sleep problems
- Loss of consciousness

*Remember...any concussion has the potential to be a serious injury. All concussions should be evaluated by a health care professional.*

## Concussion in Sport

Concussions can occur in practices or games in any sport. To assist in recognizing a concussion in an athlete, watch for a forceful blow to the head or body from contact with another player, hitting a hard surface, or being hit by a piece of equipment and any change in the athlete’s behavior, thinking or physical function.

If you think an athlete has sustained a concussion, they must be removed from play and seek the advice of a health care professional. Playing or practicing with concussion symptoms increases the risk of more severe, longer lasting concussion symptoms and increases the risk of other injuries.

Return to sport and activity following a concussion occurs once the athlete is back to normal and cleared by a health care professional. A step by step approach is used for return to play.

*When in doubt ... sit them out.*