



Concussion Symptoms & Management

Common Symptoms:

- Headache, dizziness, and confusion

Harder To Recognize Symptoms:

- Sensitivity to light, memory complaints, personality changes, depression, and sleep disturbance

Concussion Management is Multimodal:

- First, remove the athlete from the activity that caused the concussion.
- Next, seek evaluation by an athletic trainer or a sports medicine physician.
- During the evaluation, let them know if the athlete had any loss of consciousness, is experiencing memory loss, a headache that is worsening, or if they have had a previous concussion.
- Follow the physician's recommendations which may include school accommodations and sub-threshold aerobic activity.
- It is also important to attend scheduled follow-ups to ensure that changes to the plan are made in a reasonable timeframe.