Concussions

- Video
- https://youtu.be/3D2q7Ilpt50

Concussions
Team Approach

Murphy Grant MD, ATC, PES, CES
Assistant Athletic Director, Sports Medicine
University of Kansas

HOT TOPIC
What is a Concussion:
- A clinical syndrome characterized by immediate and transient postconcussive impairment of mental functions
- Such as: consciousness, disturbance of vision, loss of equilibrium due to brain stem involvement

Mild Traumatic Brain Injury (MTBI) has recently gained traction as a term.

Signs & Symptoms:
- Amnesia
- Confusion
- Headache
- Loss of Consciousness
- Balance Problems
- Dizziness
- Sensitivity to light and/or noise
- Nausea

Signs & Symptoms:
- Feeling sluggish
- Feeling in a fog or groggy
- Feeling unusually tired
- Concentration or memory problems
- Slowed reaction time
- Personality change

Evaluation:
- Medical History
- What do you see or notice
- Depth equal to reaction to light (PEERL)
- Eye Tracking
- Balance
- Physicians
* What are you doing?
  * Protocols
    * Kansas Athletics, Inc.
    * NCA
    * NCAA
    * High Schools
    * NFA
    * NFL
    * NPL
  * Management
  * Education

* Kansas Athletics, Inc. Protocol
  * Physician Diagnosis Policy
  * Baseline Testing
  * C-3 Login
  * Sideline Management
  * Post-Concussion Management
  * Return to Learn
  * Return to Activity

Baseline
Sideline Management

- Evaluation by athletic trainer
- Evaluation by physician
- Removed from play
- Take to Locker Room

Post Concussion Management

- Physician Exam
- Daily Symptom Check List
- Follow Up C3 Logix
- Liquid Fish Oil
- Vestibular Therapy

- Vestibular Therapy
  - Stationary Target
  - Side-to-side
  - Up and Down
  - Moving Target
  - Opposites
  - Convergence/Convergence

- Imagery Target
  - Head Tilt
  - Progression
  - Lights off/on
  - Sitting
  - Standing (first together, feet apart, one
  - first, none, sports specific)
Return to Learn

- The 10-15 minute warm up includes 5-10 minutes of low-intensity aerobic activity
- Warm-up
-逐渐增加强度
- All exercises are performed in pairs
- Warm-up is not necessary for increases in intensity
- Reduce the duration of the warm up to 5-10 minutes
- The warm-up should be performed for a minimum of 5-10 minutes before the main exercises

Return to Activity

- Certified Athletic Trainers should not present a student for return to activity without consultation with the supervising physician.
- The student should be free of musculoskeletal symptoms or signs before returning to the activity
- The student should have a current medical clearance

Questions?