

CONCUSSION CARE

Concussion Overview & Statistics

If a concussion is suspected, early management and appropriate referral to a clinician is very important. There is an estimated 1.7 million Traumatic Brain Injuries (TBIs) each year in the U.S. The majority of TBIs that occur each year are diagnosed as Mild TBIs (MTBI), usually concussions from sporting events. While MTBIs are usually not life threatening, this injury can have serious and long-term effects on a person's cognitive, physical, and psychological functions. That is why it is crucial for patients with a suspected MTBI to receive appropriate diagnosis and treatment in order for the athlete to receive optimal recovery and to reduce or avoid significant adverse health outcomes.

The golden rule of sport related MTBIs is the player should not be allowed to return to sport until they have completely recovered. By seeking proper care the following issues will be avoided:

- Another injury to the head or body being caused by the incompletely recovered athlete being clumsy or slow.
- Injury to another player for the same reason.
- Post-Concussion Syndrome – symptoms such as dizziness, fatigue and problems with concentration and memory
- Second-Impact Syndrome – catastrophic condition where a person who hasn't fully recovered from a concussion sustains another minor head injury, leading to massive and often fatal swelling of the brain.

ImPACT - A Tool used in the Concussion Evaluation Process

The physicians at Flagstaff Bone and Joint use ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) software as an additional tool in the evaluation of a concussion. ImPACT is the first, most-widely used, and most scientifically validated computerized concussion evaluation system.

ImPACT is a 20 minute test that has become a standard tool used in comprehensive clinical management of concussions for athletes of all ages. ImPACT concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effect of concussion. ImPACT testing guidelines and interpretation training follow American College of Sports Medicine guidelines.

Baseline Testing

It is recommended that all athletes in a high impact sport complete a baseline test that can then be used to compare post-injury test results to if the athlete experiences a concussion. More exact testing results are accomplished when there has been a baseline test performed; but if there is no baseline test the physicians will use ImPACT's Normative Database to help interpret the test results.

It is recommended that the athletes in the following sports receive ImPACT baseline testing:

- Football
- Cheer
- Hockey
- Rugby
- Soccer
- Wrestling

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