

Karns City High School Athletic Training

Concussion Home Instructions

Your son/daughter _____ sustained a concussion / mild traumatic brain injury (MTBI) _____ . Following these important instructions can prevent further injury and help recovery.

Common Signs and Symptoms:

Following a concussion/mild traumatic brain injury, it is common to have one or many concussion symptoms. There are four types of symptoms: Physical, Cognitive, Emotional and Sleep.

<u>Physical</u>	<u>Cognitive</u>	<u>Emotional</u>	<u>Sleep</u>
Headache	Feeling mentally foggy	Irritability	Drowsiness
Visual Problems	Feeling slowed down	Sadness	Sleeping less than usual
Nausea/Vomiting	Difficulty remembering	More emotional	Sleeping more than usual
Fatigue/ Feeling tired	Difficulty concentrating	Nervousness	Trouble falling asleep
Dizziness			
Sensitivity to light /noise			
Balance problems			
Numbness/Tingling			

When to Seek Care Urgently:

Seek care immediately if symptoms worsen or if there are any behavioral changes. Watch for any of the following symptoms. If you observe any of these symptoms, go to the nearest emergency department.

Headaches that worsen	Very drowsy, can't be awakened	Can't recognize people or places
Seizures	Repeated vomiting	Increasing confusion
Increased neck pain	Slurred Speech	Weakness/numbness in arms and legs
Unusual behavior change	Significant irritability	Less responsive than usual

DO'S and DON'TS:

It is OKAY to:

Use only acetaminophen (Tylenol) as directed
Use ice on head and neck for comfort
Rest (avoid all strenuous activity or sports)
Eat a light diet
Return to school

There is NO need to:

Stay in bed
Wake up every hour
Check eyes with a light

DO NOT

Drive while you have symptoms
Drink alcohol or eat spicy foods
Use a computer, texting, television
Exercise, lift weights, risky activity

- **The key to recovery is sleeping, resting physically and mentally and avoiding activities that exacerbate symptoms and cause another head injury. Avoid bright lights & loud noise or music**
- **Limit lengthy mental activities requiring concentration (ie. homework, schoolwork, job work and video game playing) as these activities worsen symptoms and can prolong recovery.**
- **If symptoms are severe (cannot concentrate for more than 30-45 minutes), staying home from school may be indicated until symptoms improve. If symptoms are less severe, rest breaks during school can help recovery.**

Please do not hesitate to contact John Burnett, MS, LAT,ATC (Head Athletic Trainer) if you have any questions or concerns.

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