



CHAMPLAIN VALLEY REDHAWKS BASEBALL

Concussions

Definition: A brain injury caused by a bump, blow or jolt of the head. Even a “ding” or a bump on the head can be serious. You cannot see a concussion. Signs and symptoms of a concussion can show up right after the injury or can take days or weeks to appear.

No Return of Play: Any athlete who exhibits signs or symptoms of a concussion should be removed from play and should not participate in games or practices until they have been evaluated and given permission by an appropriate health care provider. Research indicates that high school athletes with less than 15 minutes of on-field symptoms exhibited deficits on formal neurological testing and re0emergence of active symptoms, lasting up to one week post-injury.

Exertion: Symptoms will typically worsen or re-emerge with exertion, indicating incomplete recovery. If the athlete is symptom free, provoking with exertion is recommended (ex. 5 pushups, 5 sit-ups, 5 knee bends, 40-yard sprint).

Repeated Evaluation: On-Field, follow-up evaluation is important, as signs and symptoms of concussion evolve over time.



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Off-Field Management: The physician/athletic trainer should provide information to parents/guardians regarding the athlete's condition. For example, the athlete

- 1) Should not operate a motor vehicle or participate in activities such as sports, PE class, riding a bike, etc.
- 2) May experience cognitive/behavioral difficulties at home, make necessary to reduce physical and cognitive exertion, (running, lifting, intensive studying) until fully recovered.
- 3) Should receive follow-up medical and neuropsychological evaluation, both for managing injury and determined return of sports.

Signs of a Concussion

- Appears Dazed or Stunned
- Confused About Assignment
- Forgets Plays
- Unsure about Game Score or Opponents
- Moves Clumsily
- Answers Questions Slowly
- Loses Consciousness
- Shows Behavioral or Personality Changes
- Can't Recall Event Prior to Hit
- Can't Recall Events After Hit



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Symptoms of a Concussion:

- Headache or Pressure in Head
- Nausea
- Balance Problems or Dizziness
- Double or Fuzzy Vision
- Sensitivity to Light or Noise
- Feeling Sluggish
- Feeling Foggy or Groggy
- Concentration or Memory Problems
- Confusion

When to Seek Emergency Treatment:

- Headaches That Worsen
- Seizures
- Neck Pain
- Individual Looks Drowsy or Can't be Wakened
- Vomiting More Than Once
- Slurred Speech
- Can't Recognize People or Places
- Increasing Confusion
- Weakness in Arms or Legs
- Unusual Behavior Change
- Increasing Irritability
- Lose of consciousness after initial evaluation

QUESTIONS? CVU ATHLETIC TRAINER TONY LORA (ALORA@CVSDVT.ORG)



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Guide to Returning To Play After Concussion:

- As signs and symptoms completely resolve, the athlete may begin gradual return to daily activities and exercise (plan below). Younger pediatric patients may take longer than older teenagers or adults to heal.
- If symptoms worsen or return, lessen activities and wait a day to increase activities gradually.
- Avoid exposing an athlete with persistent concussion signs and symptoms to another possible head injury situation.
- Repeated evaluation of symptoms is recommended to help guide recover.

Step by Step Action Plan

- 1) No physical activity.
- 2) Low levels of physical activity. This includes walking, light jogging, light stationary biking, and light weightlifting (lower weight, higher reps, no benching or squatting). Discontinue if symptoms comeback burning or after the activity.
- 3) Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensive stationary biking or weight lifting (reduced time and/or reduced weight from your typical routine).
- 4) Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary biking, weightlifting, and non-contact sports specific drills.
- 5) Full contact in controlled practice.
- 6) Full contact in game play.

REMEMBER:

- 1) It is better to miss one game than the whole season.
- 2) Never return to play if any symptoms remain.
- 3) When in doubt, leave them out.