



Sports Concussion

A concussion is the most common type of brain injury sustained in sports

Multiple concussions can have cumulative and long lasting life changes.

An estimated 1.6 – 3.8 million sports and recreation-related concussions occur each year in the United States.

Most concussions do NOT involve loss of consciousness

Our Position:

A concussion is a brain injury. We believe coaches of every school athletic team and every extracurricular athletic activity should be trained to recognize the signs and symptoms of brain injury, including concussions and second impact syndrome. We believe young athletes who appear to have sustained a concussion should have written authorization by a health care professional before returning to play.

What is a Concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head. A concussion can also occur from a blow to the body that causes the head to move rapidly back and forth. They can range from mild to severe and can disrupt the way the brain normally works. Even a "ding" or a bump on the head can be serious and result in a long-term or lifelong disability.

Quick Facts:

- A concussion is a brain injury.
- Most concussions occur without a loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.
- Athletes who have ever had a concussion are at increased risk for another concussion.
- Children and teens are more likely to get a concussion and take longer to recover than adults.

Legislative Action Needed

The Brain Injury Association of Michigan, in conjunction with the Michigan High School Athletic Association will be seeking to create legislation this summer that will direct teams and coaches using public facilities to utilize guidelines in the identification and return to play guidelines for all youth and high school athletes. We are seeking sponsors of this legislation. If you are interested in being a sponsor pending your review of the draft legislation, please contact the Brain Injury Association of Michigan.



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For males, the leading cause of high school sports concussion is football

For females, the leading cause of high school sports concussion is soccer

High school athletes' recovery times for a sports concussion are longer than college athletes' recovery times

U.S. emergency departments treat about 135,000 sports-related TBIs among children ages 5 to 18

Sometimes people do not recognize that a bump, blow, or jolt to the head can cause a concussion. As a result, athletes may receive no medical care at the time of the injury, but they may later report symptoms such as headache and dizziness. These symptoms can be a sign of a concussion.

What to do if a Concussion is Suspected

If an athlete is suspected as having sustained a concussion, implement the CDC's recommended 4-step action plan:

1. Remove the athlete from play. When in doubt, keep the athlete out of play.
2. Ensure the athlete is evaluated by a health care professional experienced in evaluating for a concussion.
3. Inform the athlete's parents or guardians about the possible concussion and give them a fact sheet on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for a concussion, says they are symptom-free and it's okay to return to play.

What are the Signs and Symptoms?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or can take days or weeks to appear and may include:

- Headache
- Nausea or vomiting
- Balance problems
- Dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling groggy, foggy or sluggish
- Concentration or memory problems
- Confusion
- Irritability
- Sadness
- Nervousness or anxiety
- Sleeping more or less than usual
- Trouble falling asleep

Seek Medical Attention if an Athlete

- ✓ Appears dazed or stunned
- ✓ Is confused about assignments
- ✓ Forgets plays
- ✓ Is unsure of game, score, opponent
- ✓ Move clumsily
- ✓ Answers questions slowly
- ✓ Can't recall events prior to or after a hit