

What to expect after a Concussion

(information from CDC "Heads up" series)

Phillipsburg High School Athletic Training

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You have been examined for a head injury and possible concussion.

Q&A. Some questions and answers about brain injuries

Q. What is a concussion?

A. A concussion is a type of traumatic brain injury(TBI). It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Some of the ways you can get a concussion are when you hit your head during a fall, car crash, or sports injury.



Q. What Should I expect?

A. Most people with a concussion recover quickly and fully. During recovery, it is important to know that many people have a range of symptoms. Some symptoms may appear right away, while others may not be noticed for hours or even days after the injury. You may not realize you have problems until you try your usual activities again.

Q. What can I do to feel better?

- A. -Speak to your Athletic Trainer and/or Doctor and discuss your symptoms
-Get plenty of rest and sleep
-Limit phone/computer/video game/TV usage
-if homework or school increase symptoms, take breaks or stop
-Follow Athletic Trainer's return to play protocol.
-Be honest about symptoms that persist or return

**** "toughing it out" or ignoring symptoms can make symptoms worse and make you susceptible to further injuring your brain****

Below are some common symptoms:

- Headache
- Nausea
- Dizzy
- Tired
- Irritable
- Sad
- Changes in sleep
- Emotional
- Difficulty thinking clearly
- Difficulty remembering
- Trouble concentrating

When should I go to the ER??

- Repeated vomiting
- Headache continually gets worse
- Convulsions
- Numbness or weakness
- Difficulty with your vision
- Loss of consciousness