

ELEVATION SPORTS MEDICINE CLINIC

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Dr. J's CONCUSSION GUIDE

WHAT IS A CONCUSSION?

1. Typically results from head trauma (you hit your head) can be direct or indirect "head trauma"
 - a. Football
 - b. Falling off a bike
 - c. Car accidents
 - d. Soccer head impact
 - e. Whiplash (in any direction)
 - f. Or any sport or activity that involves the head getting "hit"
2. The brain (which is EXTREMELY IMPORTANT) gets "rattled" around inside your skull (which is bone) THIS HURTS THE BRAIN

WHAT HAPPENS AFTER THE BRAIN CONCUSSES?

SIMPLY PUT:

1. The **brain** is **HURT!**
2. **SWELLING** inside the skull (where your brain is) can occur (this further hurts the brain)
3. **BLEEDING** in the brain can occur (this is a medical emergency)
 - a. This does not occur with all concussions, however it can happen

WHAT SYMPTOMS CAN SURFACE AFTER HEAD TRAUMA (CONCUSSION)

1. Headache
2. Neck pain
3. Blurred vision
4. Confusion (they do not know their name, date, family names, etc...)
5. Dizziness
6. Nausea / vomiting
7. Aggravated / combative / easily irritated / "in a bad mood"
8. Behavior is "off" (they are not themselves)
9. Exposure to Light / Noises hurts
10. Seizures
11. Blackouts
12. There are many other signs and symptoms (these are just some of the most common)

WHERE TO GO FROM HERE?

1. **REST REST REST REST REST REST REST** (The brain really likes rest)
2. This means NO:
 - a. TV
 - b. Computers
 - c. Phones
 - d. Loud noises
 - e. Playing, horsing around, etc...
3. **DO NOT RETURN TO PLAY**
 - a. **It is important you rest**
 - b. **No running, jumping, swimming, sports, biking, or anything of any kind NO MATTER HOW FRUSTRATING IT IS...JUST REST !!!!**
 - c. **YOUR BRAIN NEEDS A MINIMUM OF 5-7 DAYS REST**

- d. Your brain may need several weeks of rest.
- e. IF THE INJURY IS SEVERE...THE "REST" MAY BE UP TO A YEAR
- f. SOME BRAIN INJURIES ARE CAREER ENDING
- g. SO...THESE INJURIES ARE NOT TO BE TAKEN LIGHTLY
- h. IT IS NOT WORTH IT JUST REST UNTIL CLEARED BY A DOCTOR

Medications? Foods?

- 1. It is advised to NOT take pain meds post concussion
- 2. Some research does support taking omega 3 (fish oil)
- 3. Drinking water is ok
- 4. Food? Eat according To tolerance (staying away from junk foods) "EAT CLEAN" NO SUGAR
- 5. NO ALCOHOL

SLEEP?

- 1. MIXED REVIEWS ON THIS
 - a. BOTTOM LINE IS WATCH THE PERSON CLOSELY DURING REST / SLEEP.
 - b. You want to make sure they are still breathing, and not in a coma
 - c. I know that is a little scary to say...but if the brain injury is bad enough...bad things can happen during sleeping.

Please contact our office via

Text / call: **303-521-0130** to make an appointment to be assessed for concussion or to be "cleared" for sports / activities post-concussion

For more info: <http://www.nsc.org/learn/safety-knowledge/Pages/Sports-Concussions.aspx>

