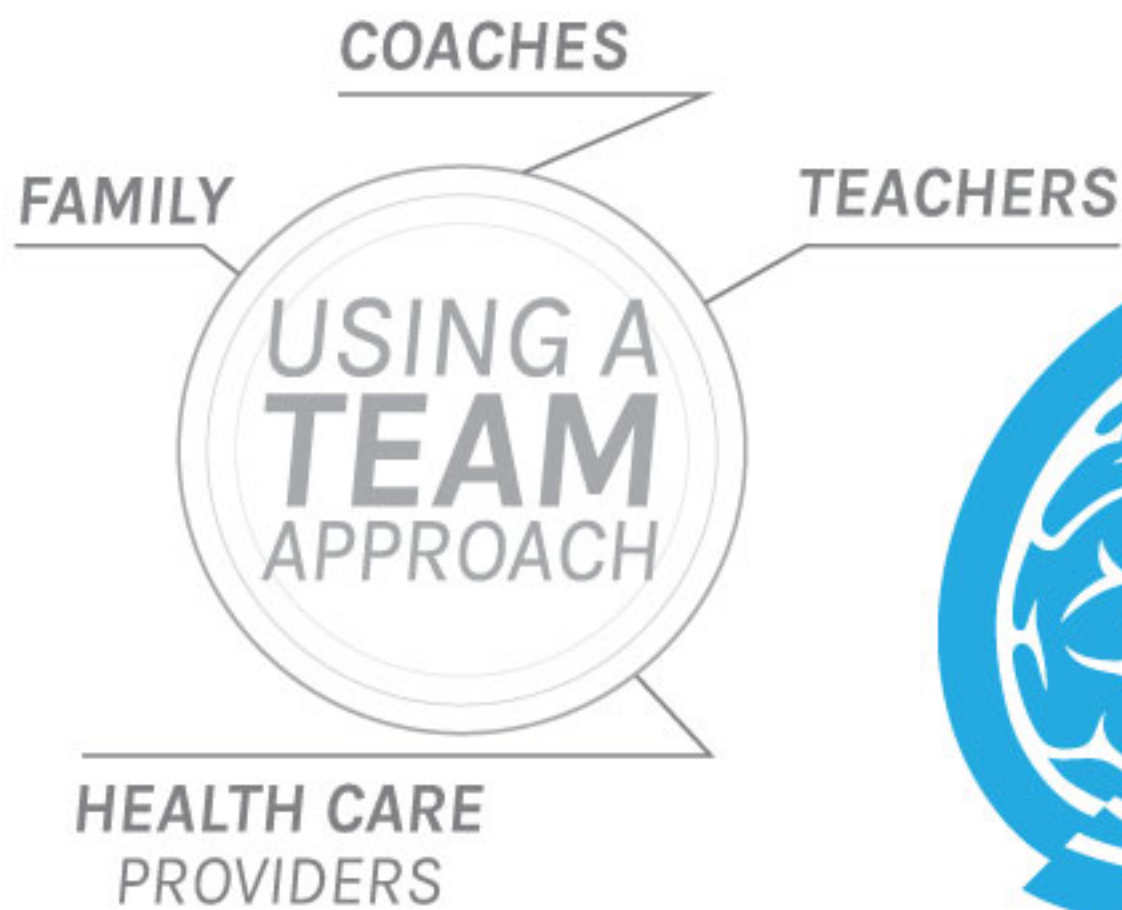


CONCUSSION RECOGNITION & MANAGEMENT

CONCUSSION IS a traumatic brain injury which results from either a direct or indirect contact to the head or body and often results in short-lived changes in normal brain function.

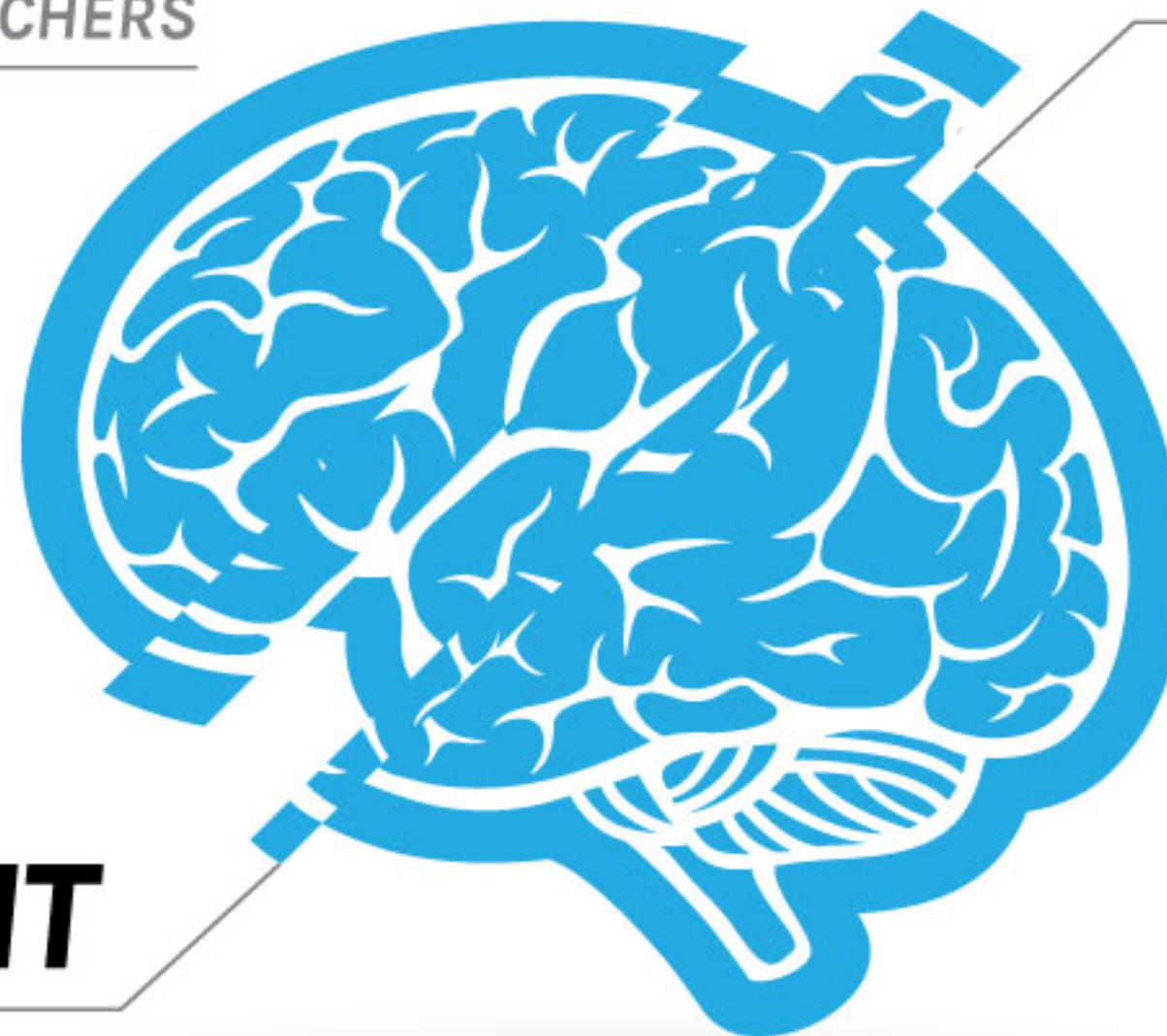


EARLY RECOGNITION

and initiation of
**APPROPRIATE
TREATMENT**
is critical to recovery.

+TREATMENT

SHOULD BE SUPERVISED BY A
QUALIFIED HEALTH CARE PROVIDER
(as defined by various state laws)




SIGNS:

- Appears dazed/stunned
- Confusion about instructions
- Forgets instruction/technique
- Unsure of game/score/opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Behavior/personality changes
- Can't recall events prior/after hit or fall

SYMPTOMS:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems/dizziness
- Double/blurred vision
- Sensitivity to light/noise
- Feeling sluggish/hazy/foggy/groggy
- Concentration/memory problems
- Confusion
- Doesn't "feel right"

RECOVERY TIME



Recovery from concussion symptoms can last from one week to several months

'Patience' and 'following the concussion protocol' -as directed by the healthcare provider are important for good recovery



MORE INFORMATION:
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