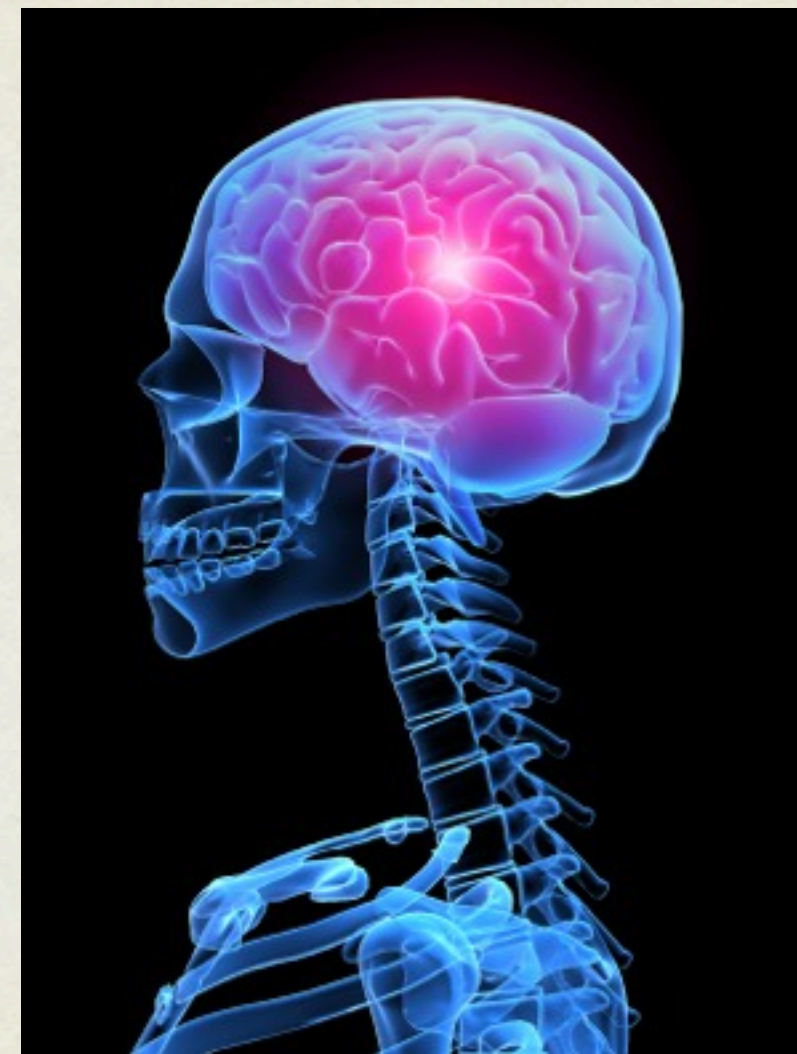




CONCUSSION

WHAT IS A CONCUSSION?

- **Concussions are traumatic head injuries**
 - ▶ a brain injury that changes normal brain function
- **Concussions may or may not involve a loss of consciousness**



HOW DO CONCUSSIONS OCCUR?

- A concussion is caused by an impact to the head, face, neck or elsewhere on the body
- Concussions occur when an athlete is moving at a high rate of speed and collides with another object



Any athlete suspected of a concussion should be:
IMMEDIATELY REMOVED FROM PLAY, urgently assessed medically, should not be left alone, and should not drive a motor vehicle



CONCUSSION ASSESSMENT

- **Pocket Sideline Concussion Assessment Tool 2 (Pocket SCAT2)**

- ▶ Used for efficient concussion screening on sidelines

- **The following link can be used to view and print the entire Pocket SCAT2**

- ▶ http://www.thinkfirst.ca/documents/Pocket_SCAT2.pdf

Pocket SCAT2



FIFA®



Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

Quick look at the assessment tool



COMPONENTS OF ASSESSMENT

1. Symptoms

- ▶ ex. headache, dizziness, nausea, loss of consciousness

2. Memory function


- ▶ failure to answer specific questions, such as “At what venue are we at today?”

3. Balance testing



Tandem stance to test balance: stand heel to toe, with non-dominant foot in front

RETURN TO PLAY STEPS

REHAB STAGE	FUNCTIONAL EXERCISE	OBJECTIVE
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, light swimming or cycling	Increase heart rate
3. Sport-specific exercise	Skating or running drills (NO head impact activity)	Add movement
4. Non-contact training drills	More complex training drills, may add resistance training	Exercise, coordination, and cognitive load
5. Full contact practice	Need medical clearance	Restore confidence
6. Return to play	Normal game play	 The logo for the Sport Medicine Council of Alberta (SMCA) features a stylized figure of a person in motion, possibly a hockey player, with the acronym 'SMCA' in large, bold, italicized letters to the right. Above the acronym, the text 'SPORT MEDICINE COUNCIL OF ALBERTA' is written in a smaller, sans-serif font.