

FAST FACTS

ON-FIELD CONCUSSION EVALUATION

Signs and Symptoms of Possible Concussion

The athlete may report symptoms including:

Signs that may be apparent to others include:

Headache	Balance problems
Nausea	Loss of consciousness
Dizziness	Personality changes
Unusual sensitivity to light or noise	Sudden memory problems
Vision changes	Confusion
Difficulty concentrating	Disorientation
“Feeling in a fog”	Increased irritability or vomiting
Neck pain	Repeating the same words/phrases

When an athlete who has just had a blow to the head shows any of the signs and symptoms listed above, pull them out of the game immediately and conduct all of the following steps.

Ask the following questions:

- Do you know where you are?
- Do you know what month it is?
- Do you know what year it is?
- Do you know what day of the week it is?
- Do you know who we are playing against?
- Do you remember what happened?

Choose three words (e.g., Pencil, Apple, Mouse)

Ask the athlete to repeat them back.

Ask them to repeat the days of the week in reverse order, starting with today.

Ask the athlete to repeat the following numbers backwards:

5-2-6 (6-2-5 is correct)

1-7-5-9 (9-5-7-1 is correct)

IF AN ATHLETE HAS DIFFICULTY ANSWERING ANY OF THESE QUESTIONS, REMOVE THEM FROM PLAY UNTIL THEY ARE EVALUATED AND CLEARED BY A MEDICAL PROFESSIONAL.

ROCHESTER
REGIONAL **HEALTH**

WHEN IN DOUBT, SIT THEM OUT

If you suspect an athlete has sustained a concussion:

1. **Remove the athlete from play** and perform the complete evaluation on the opposite page.
2. **Follow up within three days** with a trained concussion management specialist.
For easy scheduling with Rochester Regional Health Sports Medicine, call **585.266.0061**.
3. Athletes should not return to physical activity until cleared by a medical professional. Injured athletes with persistent symptoms may need to be held out of school for a period of time, or have extra accommodations for schoolwork to aid recovery.

Red Flags

The athlete should be taken to a hospital immediately for emergency evaluation...

IF the athlete is unconscious or non-responsive for more than 30 seconds

IF there is any concern that a more significant head injury has occurred

IF any of the following symptoms appear:

- Seizure activity
- Slurred speech
- Significant drowsiness
- Progressively worsening headache
- Weakness, numbness or tingling in arms or legs
- Continuous vomiting

An athlete removed from play due to a suspected concussion should be seen in follow-up by a doctor specifically trained in the management of concussions. Rochester Regional Health's fellowship-trained sports medicine specialists work with highly trained orthopaedic and neurologic teams to provide a full continuum of services including:

- Follow-up evaluations at a state-of-the-art facility
- A complete array of diagnostic imaging scans and assessments
- Full collaboration with our complete regional care network, as needed