CONCUSSION FACT SHEET for athletes and coaches
Stanford Brain Performance Center

HOW TO KEEP ATHLETES SAFE
• Talk about the importance of reporting
• Create a culture of safety on the team
• Keep up-to-date on concussion information
• Keep emergency contact information handy

EXERCISE – SLEEP – NUTRITION
• Early cardio exercise (usually stationary bike or brisk walking/jogging) to support recovery for at least 20 minutes, 4x per week beginning the first week of recovery
• Sleep is likely to be disrupted during concussion recovery – utilize sleep hygiene strategies
• Maintain proper hydration and nutrition to support recovery

ANXIETY AND MOOD
• Track mood and identify triggers that worsen it
• Schedule tasks when you are most efficient and give yourself plenty of time
• Practice relaxation strategies (i.e. deep breathing, visual imagery, muscle relaxation) to reduce day-to-day stress and have a positive outlook
• Go to the nearest emergency department for any severe symptoms

RISK FACTORS FOR MORE SEVERE INJURY
• Drowsiness or inability to wake up fully
• Headache that persists or worsens
• Slurred speech, weakness, numbness, or decreased coordination
• Repeated vomiting or seizure
• Unusual behavior, increased confusion, restlessness, or agitation
• Loss of consciousness (passed out/knocked out), even if brief

WHAT IS A CONCUSSION:
A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. Concussion typically results in the onset of short-lived impairments of neurological function that resolve spontaneously.

RECOGNIZING A CONCUSSION:
An athlete who:
• Appears dazed or stunned following impact
• Forgets or is confused about an assignment, position, game, score, or opponent
• Moves clumsily
• Answers questions slowly
• Loses consciousness (even briefly)
• Shows mood, behavior, or personality changes

Symptoms of:
• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems, dizziness, or double or blurry vision
• Bothered by light or noise
• Feeling sluggish, hazy, foggy, or groggy
• Confusion, or concentration or memory problems
• Just not “feeling right”, or “feeling down”

HOW TO HANDLE A SUSPECTED CONCUSSION:
• Remove the athlete from play until cleared by a healthcare provider
• Do not try to judge the severity of the injury yourself
• Record events related to the injury, loss of consciousness, memory loss, seizures, and number of previous concussions to help the healthcare provider
• Inform the athlete’s caregiver and coach about a possible concussion right away

RETURN TO PLAY PROGRESSION:
• Gradual return to physical and cognitive activity after 2-3 days of rest.
• No contact sports or risky activity until cleared for return by a physician with expertise in sport-related concussion

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<table>
<thead>
<tr>
<th>Subtype</th>
<th>Symptom</th>
<th>Therapeutic*</th>
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<tbody>
<tr>
<td>Vestibular</td>
<td>• Dizziness • Head movements cause symptoms</td>
<td>• Vestibular physical therapy</td>
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<tr>
<td>Ocular-motor</td>
<td>• Difficulty focusing on moving objects or objects moving closer • Fatigue with reading</td>
<td>• Dynamic vision therapy</td>
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<tr>
<td>Cognitive</td>
<td>• Problems concentrating or remembering • Problems completing tasks</td>
<td>• Cognitive-behavioral therapy</td>
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<tr>
<td></td>
<td></td>
<td>• Neuropsychologist***</td>
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<tr>
<td>Headache/Migraine</td>
<td>• Light and/or noise sensitivity associated with Headaches</td>
<td>• Analgesia and avoidance of triggers</td>
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<td></td>
<td>• Headache Clinic***</td>
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<tr>
<td>Anxiety/Mood</td>
<td>• Anxious and/or depressed</td>
<td>• Psychiatrist and counseling***</td>
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<tr>
<td>Cervical Strain**</td>
<td>• Moving neck causes symptoms, neck pain, and/or headache</td>
<td>• Neck physical therapy</td>
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<td>Sleep Disturbance **</td>
<td>• Trouble going to sleep • Waking at night • Fatigue during the day</td>
<td>• Sleep Medicine Clinic***</td>
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</table>

*Early cardio exercise and sleep hygiene is recommended for the recovery of all subtypes
**Cervical strain and sleep disturbance are concussion-associated conditions
***Consider referral for severe or prolonged symptoms greater than 2-4 weeks

Stanford Concussion Clinic Locations

**Neuroscience Health Center**
213 Quarry Road
Palo Alto, CA 94304
Phone: (650) 723-6469

**Lucile Packard Children’s Hospital**
321 Middlefield Road, Suite 225
Menlo Park, CA 94025
Phone: (650) 723-0991

**Sports Medicine Clinic**
450 Broadway Street
Redwood City, CA 94063
Phone: (650) 723-5643

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