Omaha Public Schools Sports Medicine: Concussion Fact Sheet

“What is a concussion?” A concussion is a traumatic brain injury induced by biomechanical forces. (McCrory et al. 2017)

“Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The risk of catastrophic injury or death is significant when a concussion or brain injury is not properly evaluated and managed.” (Concussion Awareness Act. 2012)

What you need to know!
Symptoms of a concussion fall under four categories: (CDC. 2017)

Thinking
- Memory and reasoning difficulties
- Concentration issues

Sensation
- Blurred vision
- Balance/coordination problems
- Ringing in ears
- Headache

Emotional/mood
- Depression
- Anxiety
- Personality changes
- Aggression
- Acting out
- Social inappropriateness

Language
- Communication, expression and understanding difficulties

How do concussions happen?
- Concussions can be caused by individuals colliding, by an individual falling to the ground, or by an object hitting an individual in the head.
- Effects of a concussion can be more severe and last longer depending on the individual, not everyone reacts the same!
- Helmets and other equipment do not prevent concussions!
- An individual doesn’t have to lose consciousness to suffer a concussion
- The majority of concussions do not require imaging (CT Scan, or MRI)

Getting back out there!
Following a concussion, individuals will be placed in both a Return to Learn (RTL) and Return to Sport (RTS) protocol.

RTL- Concussions effect the brains ability to focus on tasks. Academic accommodations and modifications may be needed while recovering from a brain injury.

RTS- A gradual progression of activity that prepares the individual to return to play.