

CONCUSSIONS

by: Amber Clark, Student Athletic Trainer

INTRODUCTION

The term concussion has become more prevalent in the past couple of years in the realm of sports to the point that league are adopting rules in regards to them. They have always been around but it seems like lately you hear more about them. There are many things that can cause someone to get a concussion; for example, getting hit in the head with a baseball, getting knocked down playing basketball and hitting your head hard on the floor, or getting tackled and colliding heads with another opponent. It is very common to hear about NFL players receiving a concussion. Just recently Florida quarterback Tim Tebow had to sit out of practice because of a concussion. Although the term concussion is common, many athletes do not really know what a concussion is and how a concussion can impact their life.

What is a concussion you ask? “A concussion is a brain injury that is caused by a sudden blow to the head or to the body. The blow shakes the brain inside the skull, which temporarily prevents the brain from working normally” (WebMD, 2008). It is also called a Mild Traumatic Brain Injury (MTBI). This can cause brain damage that could last for years down the road or could be permanent damage.

SYMPTOMS

There are many symptoms that can appear when a person has a concussion. The symptoms may not appear as soon as the person is hit, so the person monitoring the athlete should watch carefully to make sure that none of the symptoms appear. Symptoms can be mild or severe depending on how hard the hit was. They could appear anywhere from right after the accident happened or up to months later. “Symptoms of a concussion include: Passing out, not being able to remember what happened after the injury, acting confused, asking the same question over and over, slurring words, or not being able to concentrate, feeling lightheaded, seeing "stars," having blurry vision, or experiencing ringing in the ears, not being able to stand or walk; or having coordination and balance problems, feeling nauseous or throwing up” (WebMD, 2008).

BEING DIAGNOSED

If you are at an sporting event then you want to have an athletic trainer look at you and with knowing how your acting they can more than likely tell if you have symptoms of a concussion or not. The athletic trainer will probably ask you simple questions, and to remember some simple words, then the trainer will come back in a few minutes to ask you to repeat the words she has given you. If your symptoms persist the athletic trainer will more than likely send you to a doctor. The doctor could order a CT scan to check to see what the damage is like to your brain or if there is any damage.

TREATMENT

“Initial treatment for a concussion is to watch a person closely for any changes in behavior or for any new symptoms. Some people have to stay in the hospital to be watched while others can go home safely” (WebMD, 2008). This is one way that you can be treated for a concussion. “At home, rest is the best way to recover from a concussion. Get plenty of sleep at

night and take it easy during the day. To prevent a second brain injury; avoid alcohol, illegal drugs, and any activities that could lead to another head injury for a few days or even a few weeks” (WebMD, 2010). Concussions make different people react in different ways. Some athletes may feel fine within the hour and some not again for a couple of weeks, so before you return to play you will want to make sure that you see a doctor and they have given you the okay to return to play again.

CONCLUSION

You have to realize how serious concussions can be and not treat them as joke. They have potential to be harmful in many ways than one. So be careful and make sure that you are taking precautions when you take part in any sporting activities.

REFERENCES

Concussion – Overview. (2008, August 13). Retrieved January 21, 2010, from WebMD Site
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