



COACH AND MANAGER INFORMATION SHEET

WHAT IS CONCUSSION?

CONCUSSION OCCURS AFTER A BLOW TO THE HEAD. IT AFFECTS THE BRAIN, AND CAUSES THINGS LIKE:

THINKING PROBLEMS:

- DOES NOT KNOW THE DATE, PLACE, TIME IN MATCH, SCORE.
- DOES NOT PLAY WELL, MAKES STUPID MISTAKES.
- CANNOT KEEP CONCENTRATION.
- SLOW TO ANSWER QUESTIONS.

COMPLAINTS AFTER CONCUSSION:

- HEADACHE
- NAUSEA
- DIZZINESS
- BEING OFF BALANCE
- FEELING SLOWED DOWN
- RINGING IN EARS
- TROUBLE WITH VISION
- BAD SLEEPING

YOU MAY NOTICE ANY OF THESE BEHAVIOR CHANGES:

- INAPPROPRIATE ANGER
- BEING MORE EMOTIONAL THAN USUAL
- BEHAVING STRANGELY
- SLOW MOTION
- SLOW REACTION
- DROWSINESS

ABOUT 10% OF PLAYERS WHO SUSTAIN CONCUSSION ARE KNOCKED UNCONSCIOUS. OTHER SEVERE SIGNS INCLUDE EPILEPTIC FITS, NECK PAIN, VOMITING, DOUBLE VISION, WEAKNESS OF A LIMB

WHY IS IT IMPORTANT TO RECOGNIZE CONCUSSION?

- A CONCUSSIONED PLAYER IS UNLIKELY TO PLAY WELL.
- HE MAY BE SLOW TO REACT, AND TAKE WRONG DECISIONS,
- A CONCUSSIONED PLAYER HAS A 50% HIGHER CHANCE THAN OTHER PLAYERS OF GETTING ANOTHER INJURY, AND
- REMOVING A CONCUSSIONED PLAYER FROM THE FIELD AND DOING THE RIGHT TREATMENT WILL ENSURE EARLIEST POSSIBLE RETURN TO PLAY.
- THERE CAN BE SEVERE COMPLICATIONS IF A PLAYER CONTINUES TO PLAY WITH CONCUSSION, SUCH AS LONGER TERM BRAIN DAMAGE.

WHY IS IT SOMETIMES DIFFICULT TO RECOGNIZE CONCUSSION?

- CONCUSSION DOES NOT ALWAYS HAVE VISIBLE SIGNS
- PLAYERS ATTEMPT TO HIDE CONCUSSION
- A PERSON WITHOUT KNOWLEDGE OF CONCUSSION WILL BE UNABLE TO RECOGNIZE IT

HOW LONG DOES IT TAKE TO RECOVER FROM CONCUSSION?

IT USUALLY TAKES BETWEEN 7-10 DAYS FOR FULL RECOVERY AND RETURN TO SPORT, BUT IT CAN BE LONGER IN THE CASE OF COMPLICATIONS.

WHAT IS THE TREATMENT FOR CONCUSSION?

- REMOVE IMMEDIATELY FROM FIELD OF PLAY OR TRAINING.
- IMMEDIATE ASSESSMENT BY A DOCTOR.
- IF A DOCTOR IS NOT AVAILABLE AT FIELD SIDE, THE PLAYER MUST BE TRANSPORTED TO A CLUB DOCTOR OR EMERGENCY DEPARTMENT.
- NO TRAINING UNTIL CLEARED. • PHYSIOTHERAPY AND PSYCHOLOGICAL TREATMENT.
- GRADED RETURN TO PLAY PROTOCOL.
- PLAYERS CAN USUALLY RETURN TO PLAY AFTER 10-7 DAYS.
- IT IS NOT POSSIBLE TO PLAY WITHIN 7 DAYS.

CAN RETURN TO PLAY BE MADE QUICKER IF A KEY PLAYER IS CONCUSSIONED?

NO. ATTEMPTS TO RETURN TO PLAY BEFORE COMPLETE RECOVERY HAS A HIGH RISK OF MEDICAL COMPLICATIONS WITH LONG RECOVERY TIME, AND POOR PERFORMANCE.

WHERE CAN YOU OBTAIN MORE INFORMATION ON CONCUSSION?

THE ASPETAR CONCUSSION WEBSITE HAS MORE INFORMATION AND LINKS TO OTHER REPUTABLE RESOURCES.



PRECISION IN REHABILITATION
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