

TRAINING TIP OF THE WEEK

DO I HAVE A CONCUSSION?

A concussion is a disturbance in brain function that occurs following either a direct blow or forceful shaking of the head. Over 300,000 concussions occur during US sports yearly and about 1 in 5 high school football players will sustain one in a given year. A common myth is that an athlete has to lose consciousness to have a concussion. Typical symptoms include headache, feeling "foggy", and balance problems. After a concussion, an athlete may appear confused, clumsy, or not be able to recall the last play. Multiple concussions can lead to long-term cognitive deficits. Most importantly, an athlete should never return to competition after a concussion while still having symptoms because the brain needs time to recover. It is best to slowly return to activity guided by an athletic trainer or medical professional.



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