

COMPLETE CONCUSSION MANAGEMENT™

EVIDENCE-BASED CONCUSSION
CARE



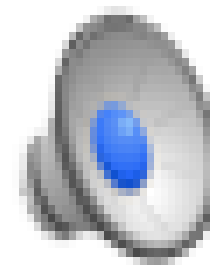
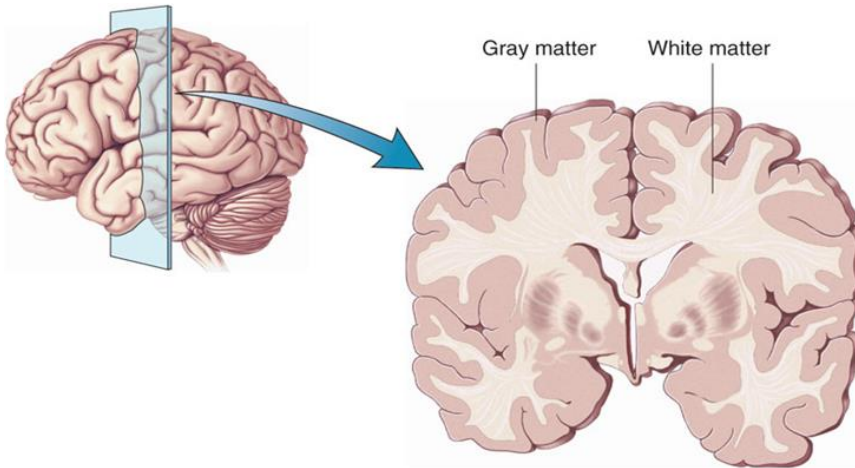


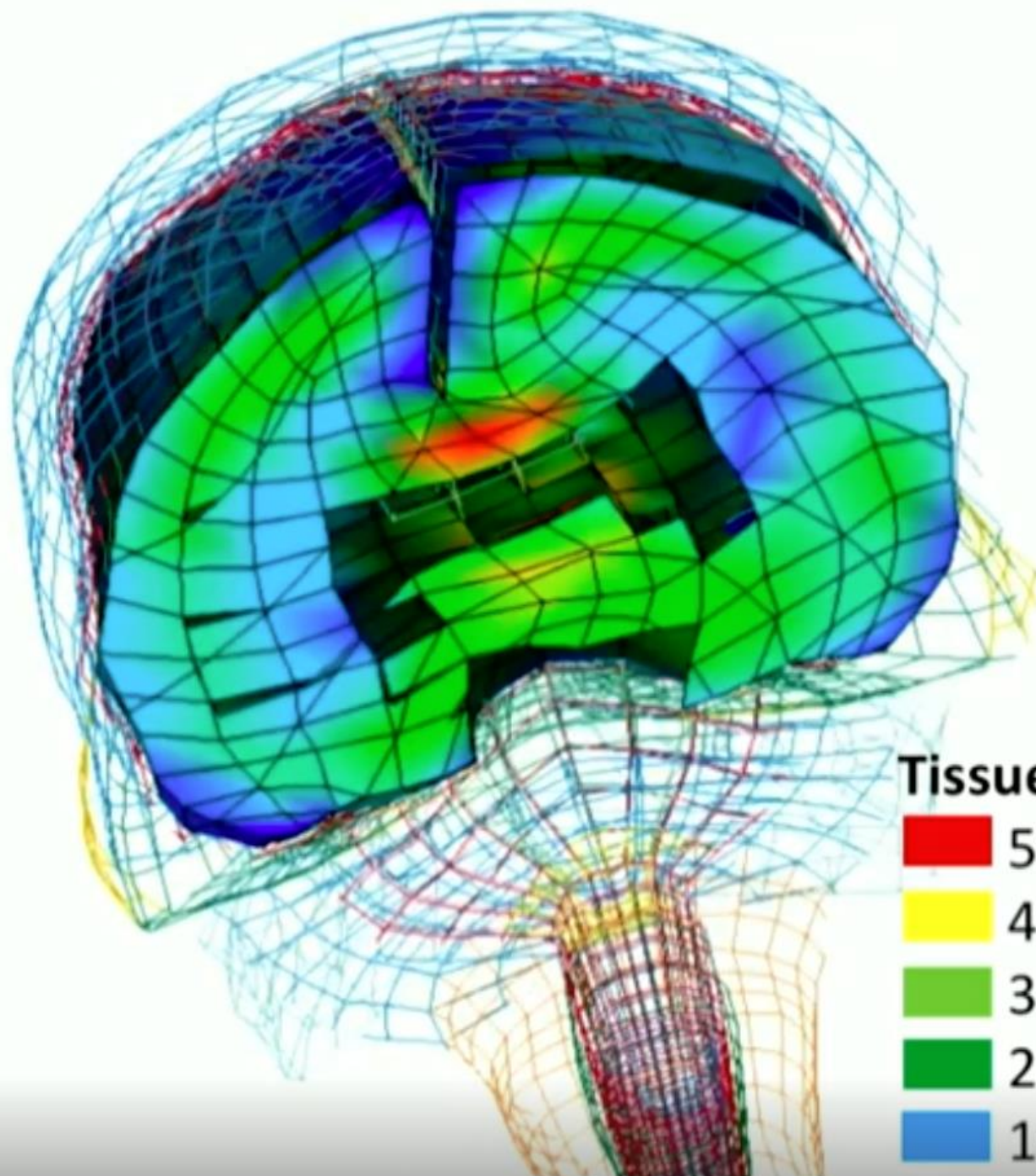
WHAT IS A CONCUSSION?

Definition

A concussion is a traumatic brain injury induced by the mechanical *stretching and shearing* of the neurons in the brain as a result of a physical blow to the *head/body*

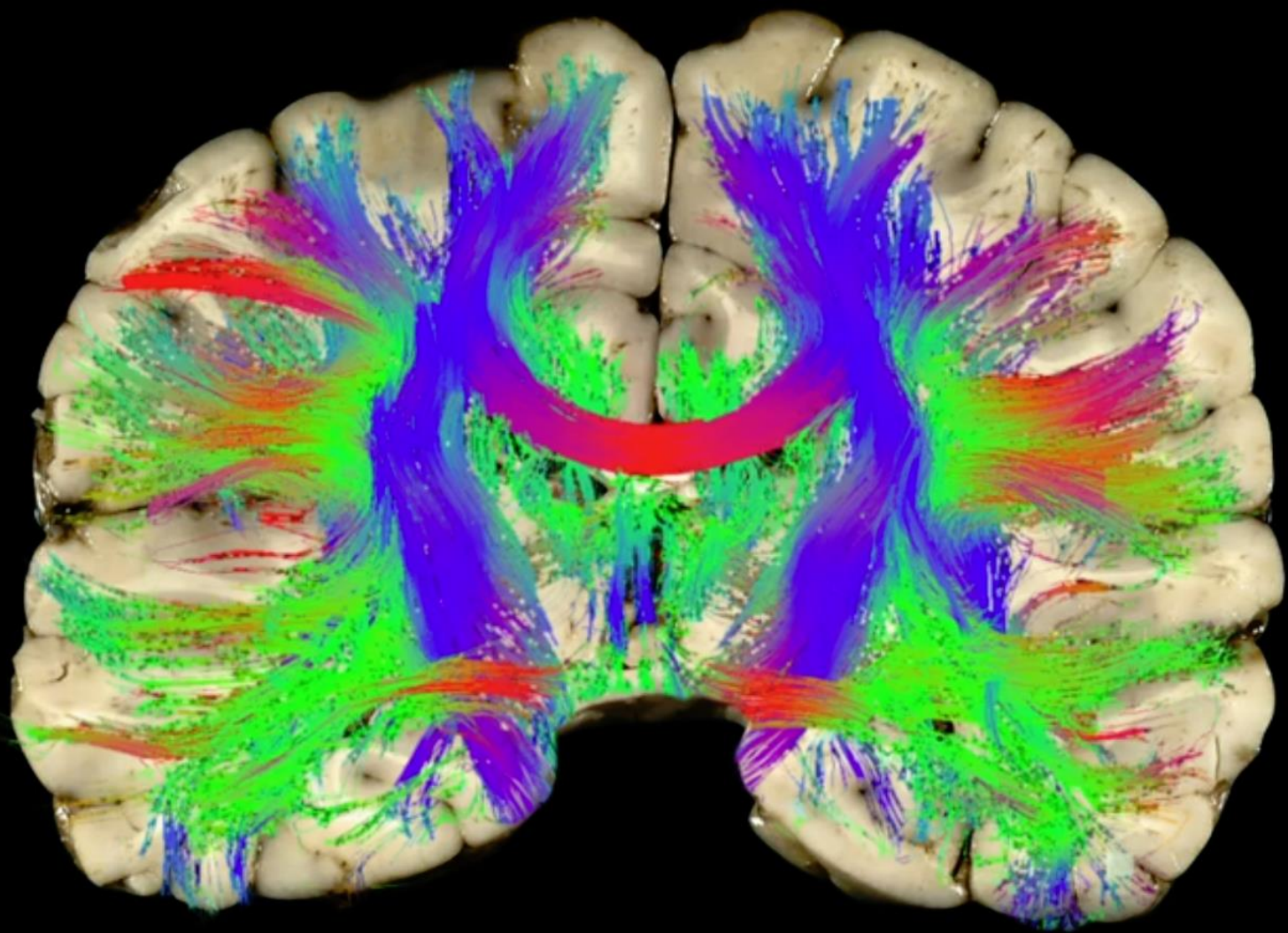
Concussion = mild Traumatic Brain Injury (mTBI)

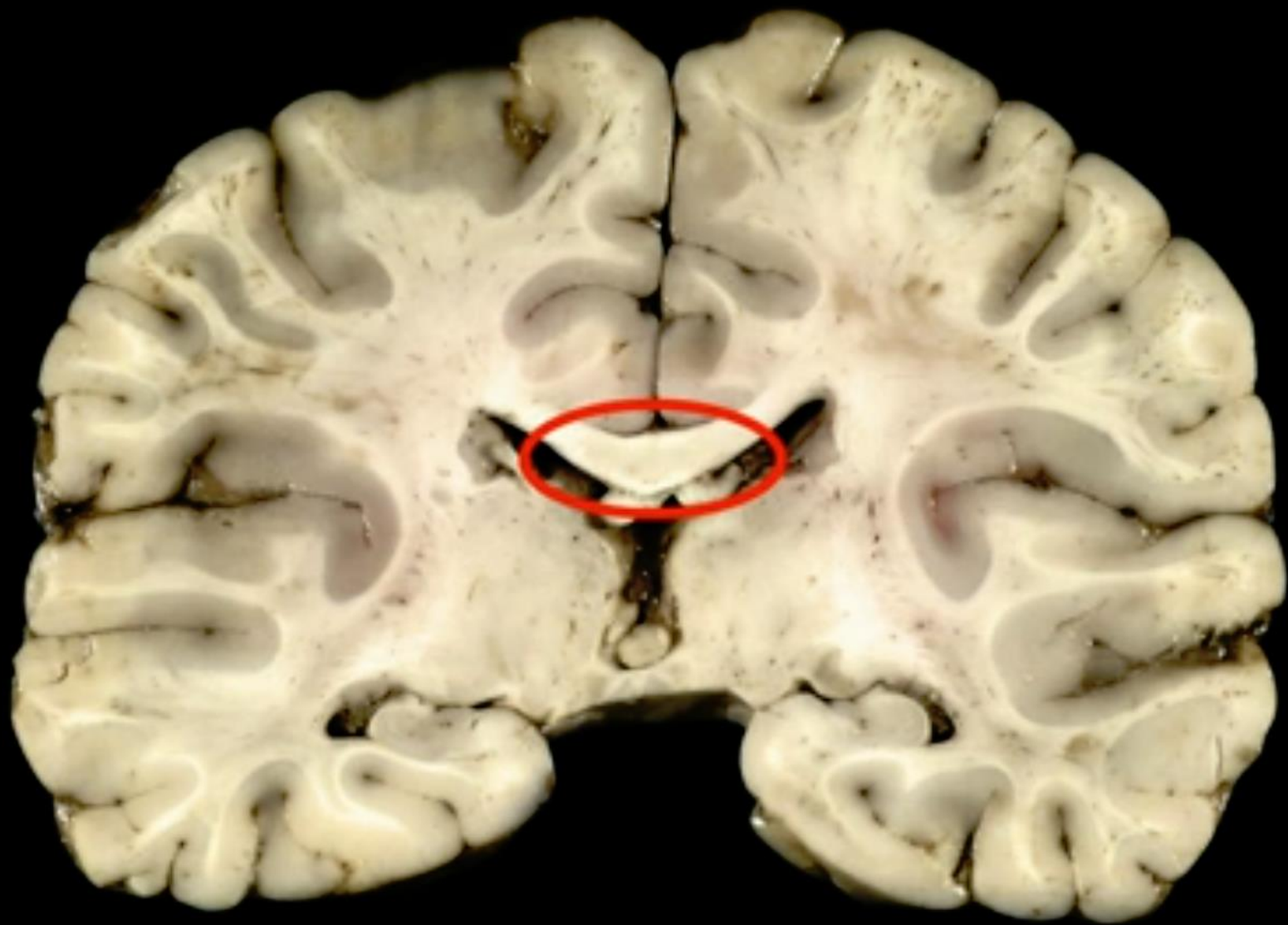




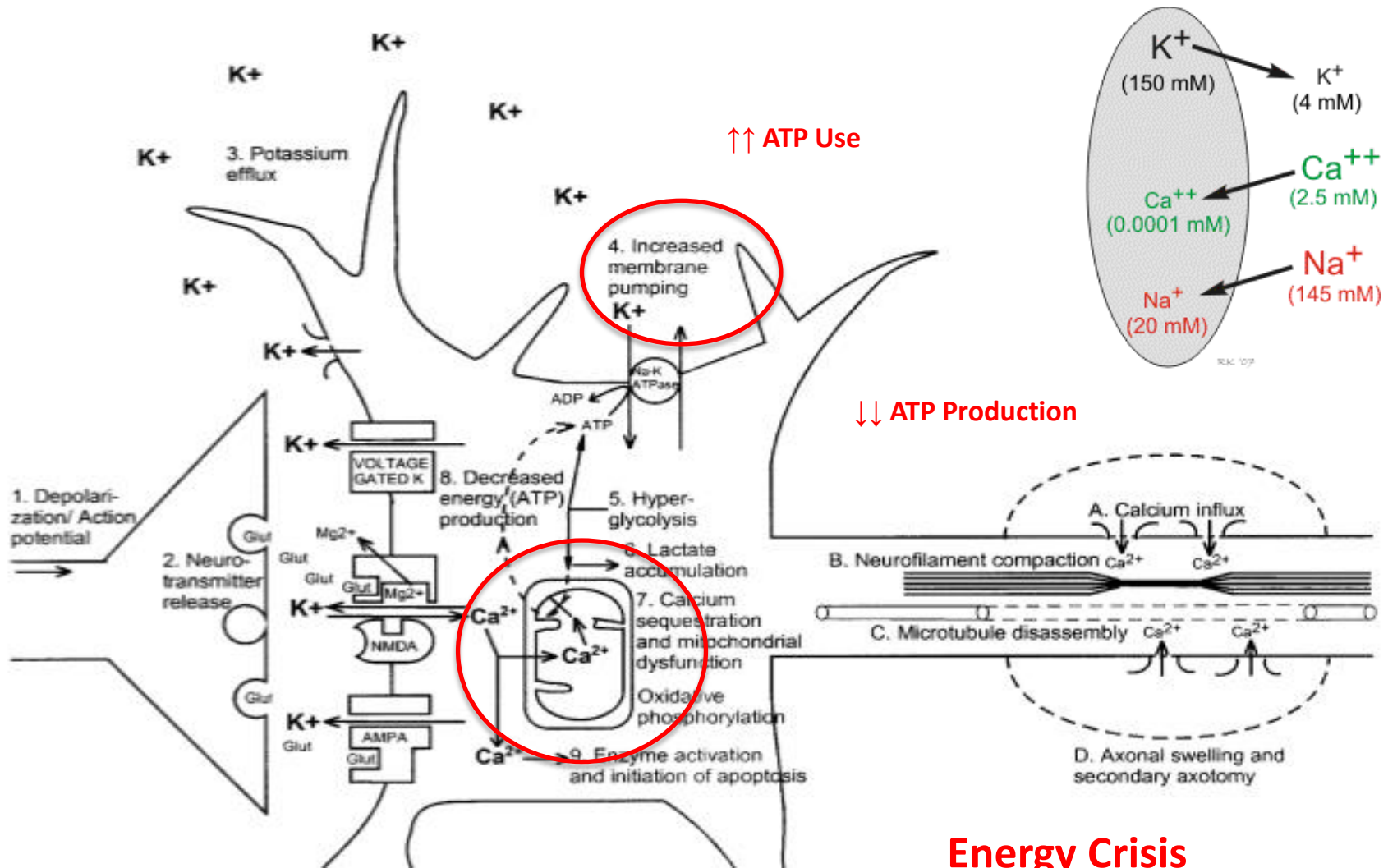
Tissue stretch







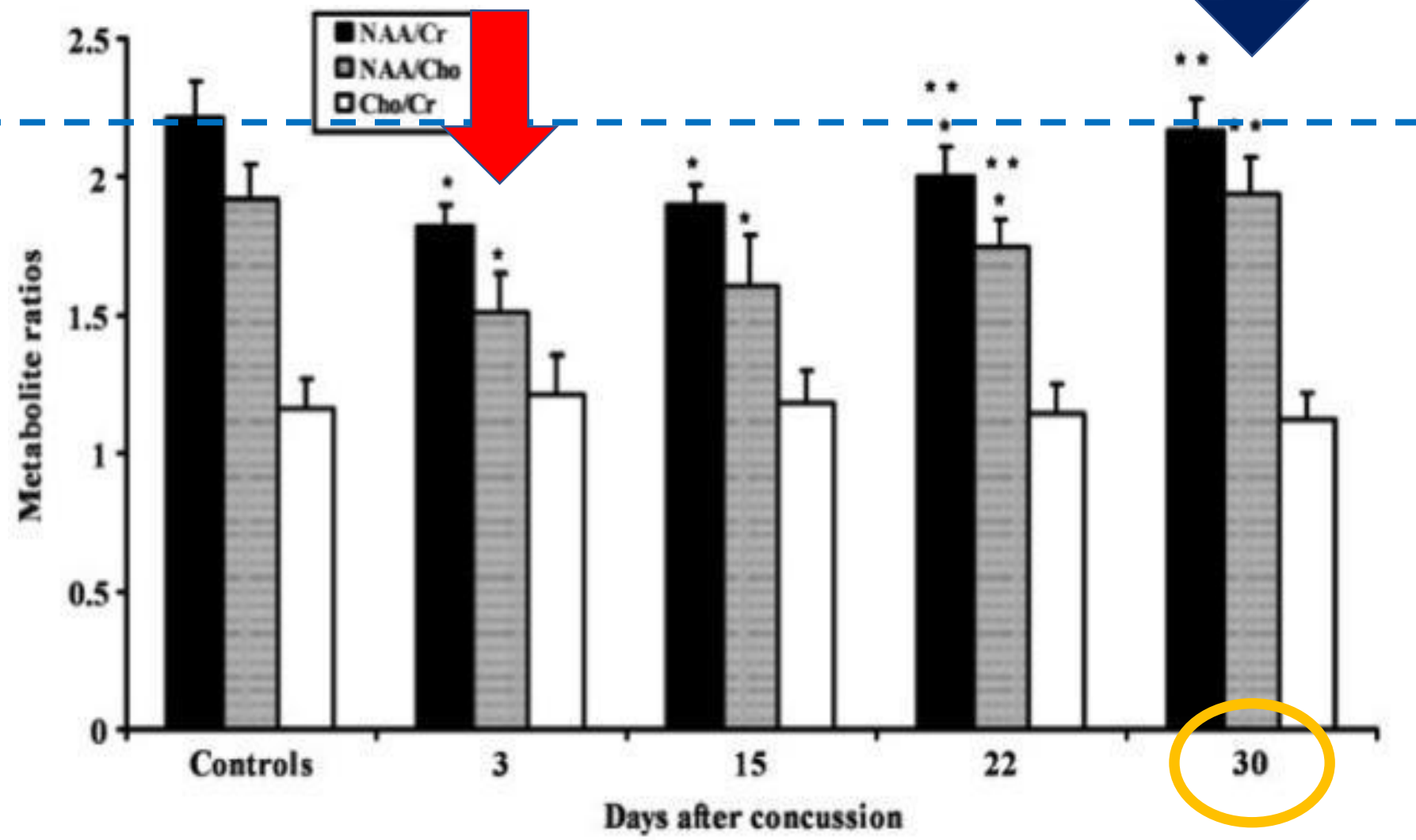
SPREADING DEPRESSION, ENERGY CRISIS



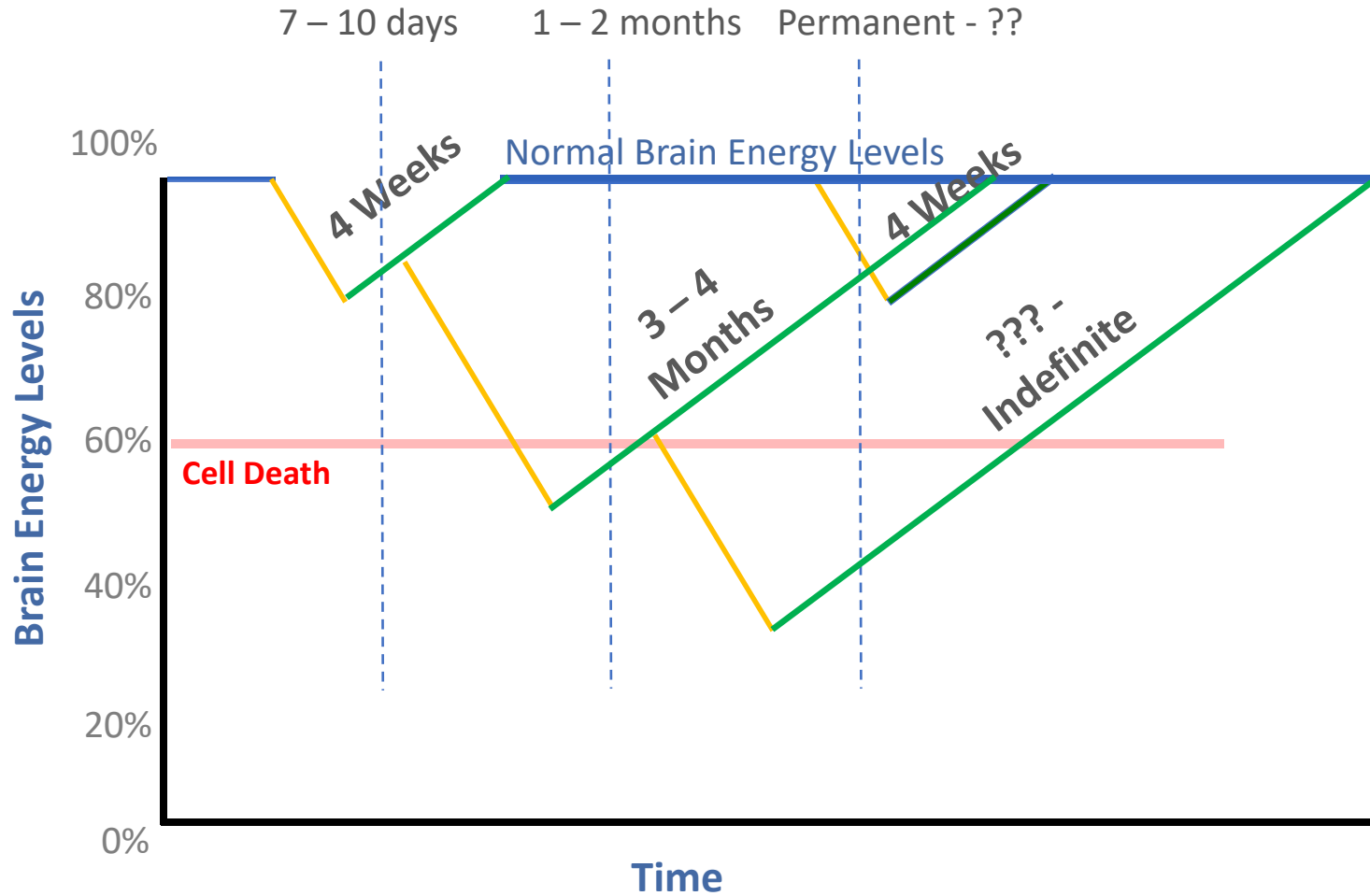
Energy Crisis
(Spreading Depression)



RECOVERY IN THE BRAIN



RETURNING TO SPORT TOO SOON



FACTS, MYTHS & MISCONCEPTIONS

No loss of
consciousness
90% of the time

Undetectable by
conventional
scans

Diagnosis is best
accompanied by
a group of tests

Baseline testing
best predicts
when it is safe to
return to play

Facts & Myths

“I feel fine, let me
keep playing”

“Just a concussion,
no big deal”

“I have rested and
feel fine now,
honest!”

Girls don't play
hard enough to get
a concussion



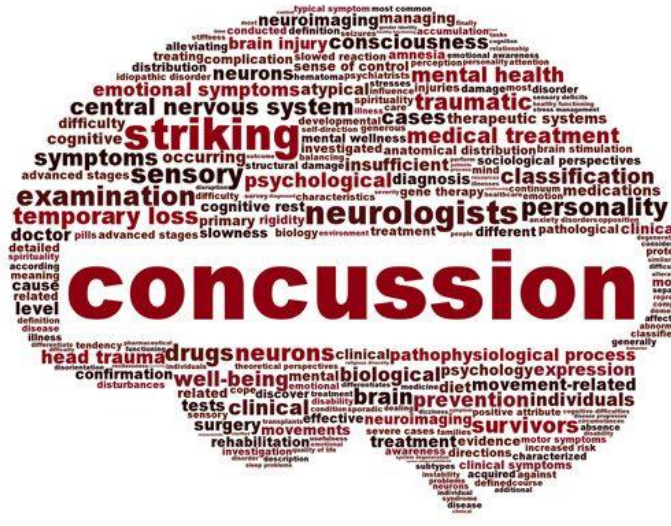
NOT JUST A CONCUSSION..?

Persistent headaches

Reduced blood flow to the brain

Memory & Concentration impairments

Visual disturbances



Anxiety & Depression

Vestibular & Hearing impairments

Parkinson's & Alzheimer's Disease

Dizziness

Whiplash & Neck pain



SO WHAT CAN WE DO ABOUT IT?

At the scene

- Pull the player out if there is a suspected concussion
- Do not ignore red flags

After the concussion

- Seek assessment with a concussion-trained doctor or physiotherapist
- Allow players to recover before returning to play
- Be extra conservative & generous with recovery
- Thorough rehabilitation for concussion is crucial
- Baseline testing

Beyond the concussion

- Do not ignore chronic/persistent symptoms after a concussion



OVERNIGHT CARE

- **Don't give any medication**
 - May mask the signs of a worsening condition
 - Increased risk for bleeding
 - May cause side-effects that mimic concussion-like symptoms
 - No research evidence to suggest medications help with recovery

- **Don't allow to sleep for at least 3 hours after the injury**
 - To monitor for signs of deterioration
 - If they worsen, take them to the hospital

- **Do be sure to check in on them every 1-2 hours throughout the first night**
 - No need to try and wake them unless you are concerned (i.e., trouble breathing)





RED FLAGS

Visit the **Emergency Department** if you have any of the following or if you are unsure

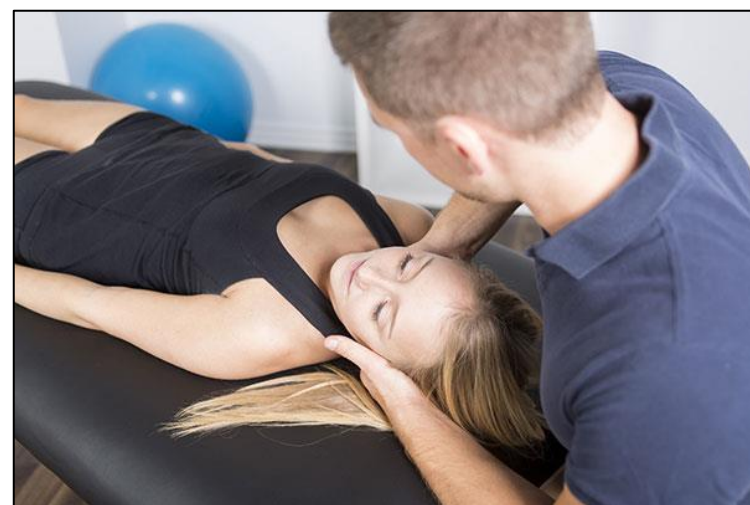
1. Vomiting
2. Seizures
3. Slurring of speech
4. Very unsteady on feet
5. Severe or worsening headache
6. Drowsiness or can't be awakened
7. Weakness or numbness in arms or legs
8. Unusual behavior, very confused, very irritable
9. Decreasing level of consciousness > 2 hours after injury
10. Fluid leaking from ears, bruising behind ears, 2 black eyes
11. Inability to remember more than 30 minutes before the injury



HOW WE CAN HELP

- Post-concussion assessment
- Baseline testing
- Staged return to play testing and management

- Vision rehab
- Vestibular dysfunction
- Headaches and dizziness
- Neck related pains and disorders
- Exercise and manual therapy



COACHES AND TRAINERS

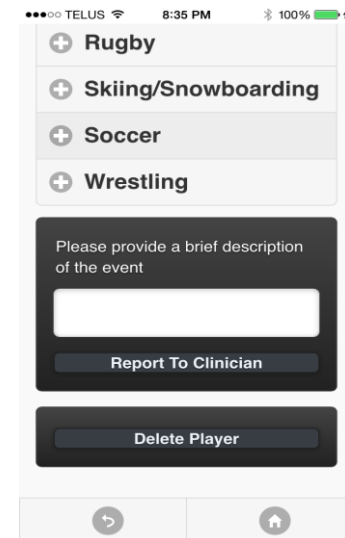
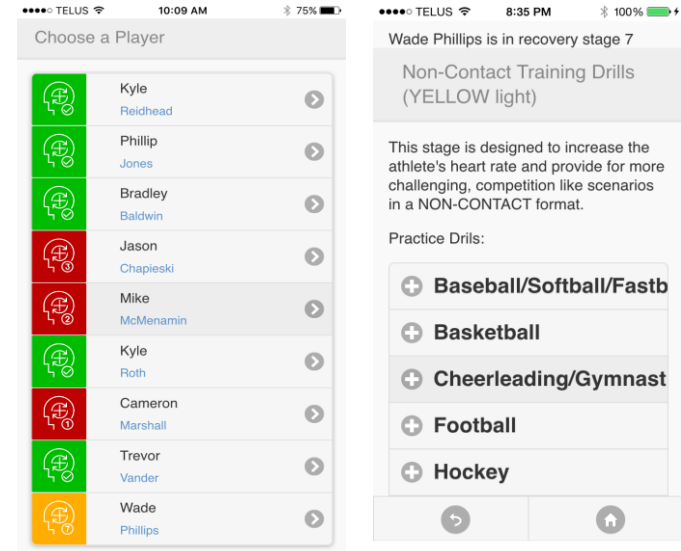
Online Coach/Trainer
Concussion Sideline
Course

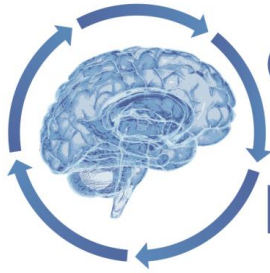


Concussion Tracker
Smartphone Application



Coupon Code: **highlandssa18**





COMPLETE CONCUSSION MANAGEMENT™

EVIDENCE-BASED CONCUSSION CARE

For more information:

The Physio Space

(02) 4861 1223

<http://www.thephysiospace.com.au/>

Complete Concussion Management

<https://completeconcussions.com/>

Concussion in Sport Australia

<https://www.concussioninsport.gov.au/>

