

# concussions overview

## general overview

A concussion is an injury that briefly changes how the brain works. Most concussions heal in four weeks or less. Sometimes it takes longer, especially in kids who:

- Have pre-existing conditions like migraines, ADHD, learning disabilities or depression
- Have had concussions before
- Have more severe injuries

## common concussion symptoms

Concussions cannot be seen with any tests or scans. They are measured by symptoms, balance and how well the brain works. It is normal to have any of these symptoms after a concussion. They should improve with time and rest.

- Headache
- Fatigue
- Dizziness
- Trouble concentrating
- Sleep changes
- Memory problems
- Light and sound sensitivity
- Nausea
- Personality changes

## concussion management

Concussions improve with rest, followed by a gradual return to school and sports as symptoms improve. See your doctor for school accommodations while healing. State law requires medical clearance before returning to sports.



Name: \_\_\_\_\_

Date of concussion: \_\_\_\_\_

Date checklist started: \_\_\_\_\_

Use this checklist every night to record symptoms between visits.

Choose the number between 0 and 6 which describes how severe your symptoms were each day

**0 = none    1 = mild    6 = worst ever**

Changes	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Headache														
Nausea														
Vomiting														
Balance problems														
Dizziness														
Fatigue														
Trouble falling asleep														
Sleeping more than usual														
Sleeping less than usual														
Drowsiness														
Sensitivity to light														
Sensitivity to noise														
Irritability														
Sadness														
Nervousness														
Feeling more emotional														
Numbness or tingling														
Feeling slowed down														
Feeling mentally foggy														
Difficulty concentrating														
Difficulty remembering														
Visual problems														
Other														
<b>Total</b>														

