



What is a Concussion?

A concussion is a mild traumatic brain injury that disrupts how the brain normally works. It is caused by impact to the head or body that transmits force to the brain. You do NOT need to be knocked out or lose consciousness to have a concussion.

A concussion is a treatable injury.

OCR's Regional Concussion Center Features

Pre-season baseline cognitive testing for individual athletes as well as teams & clubs

Post-injury assessment & treatment planning

Education for schools, teams, and clubs on best practices for concussion management

What To Do in the First Days After a Concussion

A child should be removed from participation immediately if a concussion is suspected.

Monitor the child carefully for the first one to two days after injury. Seek IMMEDIATE medical attention if the child displays:

- Worsening or severe headache
- Confusion, extreme sleepiness, or trouble waking up
- Vomiting
- Weakness or numbness
- Trouble walking or talking
- Seizure
- Sudden change in thinking or behavior

What are the signs and symptoms of a concussion?

PHYSICAL

- Headache
- Fuzzy or blurry vision
- Nausea/vomiting
- Sensitivity to noise or light
- Balance problems
- Dizziness
- Neck pain
- Feeling tired/having no energy

SLEEP

- Sleeping more than usual
- Sleeping less than usual
- Trouble falling asleep

COGNITIVE

- Difficulty thinking clearly
- Feeling slowed down
- Difficulty concentrating/easily distracted
- Difficulty remembering new information

EMOTIONAL/MOOD

- Irritability
- Sadness
- Feeling more emotional
- Nervousness or anxiety
- Lack of motivation



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OCR
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Regional Concussion Center

Across 6 Medical Campuses

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What Can You Expect After a Concussion?

Some symptoms of a concussion appear right away, while others may take days or longer to appear after injury. This can happen if one begins to increase cognitive and physical activities too soon. The brain is busy recovering and may not be able to handle its typical activity level.

Most young people recover completely from a concussion within one to four weeks, but some may take longer to recover. Early intervention and an individualized treatment plan produce the best recovery from a concussion.

What Should You Do About School?

Most students can return to school within a few days. If you are unsure when your child should return, ask a healthcare professional.

Inform the student's teacher and other school personnel about the injury. If problems arise, the student may need extra help. Talk to your doctor and/or the student's teacher to arrange support.

When Can a Child Return to Sport or Other Physical Activity?

After a period of 24-72 hours, light activity – as tolerated – may be helpful to recovery. This activity should NOT involve risk for contact.

A child should be seen by a medical professional to develop a plan for return to sport participation. This step-by-step plan should be completed before they are cleared for all participation in sports.

When Should You Seek Further Evaluation?

- Symptoms worsen at any time.
- There is a concern about the length of recovery time.
- The child has had other concussions.
- The child has risk factors for a prolonged recovery, such as history of migraines, learning or attention problems, and depression or anxiety.
- There is a decline in school performance. A neuropsychological assessment may be useful to understand how the child is thinking, learning, and behaving.

**Schedule an appointment with
Dr. Scott today!**

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