

Concussions

Part II – Prevention



Pre-Season Preparation

The best way to protect yourself and family from concussions is to prevent them from happening. Every sport is different but there are steps you can take to protect yourself.

- Use the right protective equipment and make sure it fits properly.
- Follow the safety rules of the sport and your coach.
- Practice good sportsmanship at all times.
- Have an emergency procedure ready in the event of a suspected concussion including education and baseline testing, sideline procedures and a post-concussion management team.

Risk Factors

Knowing an athlete's concussion history (such as number, severity and duration), and pre-existing conditions (such as migraines, headaches, ADD/ADHD, depression, anxiety) before the season starts can help with managing a concussion if it should occur.

Education

Athletes, parents and coaches who are properly educated on concussions and the risks are more likely to report symptoms. For educational material stop by the office or visit www.cdc.gov/concussion.

Baseline Concussion Testing

A baseline test is a computerized neurocognitive test that assesses an athlete's brain function including memory abilities, reaction time, and ability to pay attention/concentrate. This test is done at the beginning of a season to act as a measure of what the athlete looks like when they are healthy. If a concussion then occurs during the season the results of the pre-injury test can be compared to a similar test given during the season if an athlete has a suspected concussion.

Greenwood PT offers both baseline and post-injury testing; call the office to schedule your appointment today! Individual or team/group testing available.