**At Home Concussion Care**

Athletic Trainers:

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What is a Concussion:

A traumatic brain injury (TBI) that alters function of the brain. This can occur after a direct or indirect blow to the head.

Signs and Symptoms:

Headache, nausea, vomiting, balance problems, dizziness, fatigue, trouble falling asleep, light and/or noise sensitivity, irritability, sadness, nervousness, feeling more emotional, difficulty concentrating or remembering, “just feeling off”.

Who can treat a concussion?

Athletic Trainers, physicians, physicians assistant, neuropsychologists, nurse practitioners.

At Home Care:

* + Rest is the best! Avoid intense physical activity (running, weight lifting, swimming etc.).
  + Limit tv/computer/tablet/phone time
  + If homework needs to be completed, take frequent breaks
  + If homework cannot be completed without an increase in symptoms, Return to Learn protocols will provide the athlete with accommodations.
  + If headaches are not tolerable without medication, take Tylenol. Avoid medications like ibuprofen, aleve, aspirin, as these are blood thinners.

Return to Play:

The Athletic Training staff has a specific protocol to follow and must be completed before activity can resume. The athlete must be symptom free, has gone through the Return to Play protocol, and cleared by the Athletic Trainer. This is to reduce the risk of Second Impact Syndrome if brought back to activity too quickly.