

Post-Concussion Instructions

On _____, I saw your son/daughter for a sustained/reported head injury while participating in _____. After assessment by the Certified Athletic Trainer, it is indicated that your son/daughter suffered a concussion. These instructions are designed to help speed your son/daughter's recovery. Careful attention will be important to prevent further injury.

Here is a list of common signs and symptoms that need to be carefully watched. Sometimes the signs and symptoms from a concussion do not become apparent until hours after the initial trauma.

- Headache
- Nausea
- Drowsiness
- Vomiting
- Fatigue
- Dizziness
- Feeling "in a fog"
- Difficulty Remembering
- Blurred Vision
- Sensitivity to light
- Sensitivity to noise
- Excessive mood changes
- Irritability
- Difficulty concentrating
- Excessive sleeping
- Numbness/tingling

If any of the above symptoms become progressively worsened, or any of the following is exhibited please seek additional medical attention immediately.

- Any sign or symptom from above that significantly increases in intensity
- Repetitive vomiting
- Difficulty seeing
- Difficulty being aroused/awakened
- Difficulty speaking or slurring of speech
- Bleeding or drainage of fluid from nose or ears
- Any new or severe symptoms

Instructions:

- REST is the most important. Physical rest as well as "brain rest"
- Limit physical activity as well as activities that have a lot of brain stimulations (video games, texting, tv).
- Athlete cannot participate in physical exertion until cleared to do so by a medical professional.
- Drink enough fluids and eat healthy fluids.
- Medications can be taken, but it is important to consult a MD for anything other than Tylenol.
- Please report to Certified Athletic Trainer the next school day.

If you have any questions, comments, or concerns about your son/daughter's injury please do not hesitate to call me at: (978) 649-0432 ex: 2001

Sincerely,
Heather Bradshaw, ATC
Head Athletic Trainer
Innovation Academy Charter School