

Physical Therapy Follow-up

Often, sports related injuries heal with time and proper care. However, some injuries require physician follow-up and extended treatment. When physical therapy is recommended for non-concussion injuries, please contact any of the locations below and identify yourself as a Wilmington athlete or family member.



New Hampshire

Joe Dattilo, PT, Regional Clinical Director
jdattilo@PROexPT.com

Epping

96 Calef Highway Suite #8
Epping, NH 03042
603-679-3700

Hampton

311 Winnacunnet Road
Hampton, NH 03842
603-926-6878

Stratham

64 Portsmouth Ave Suite #5
Stratham, NH 03885
603-772-8222

Greater Boston, Massachusetts

Matt McManus, PT, Regional Clinical Director
mmcmanus@PROexPT.com

Woburn

1 Arrow Drive Suite #2
Woburn, MA 01801
781-935-2655

Connecticut/Western Massachusetts

Eric Kopp, PT, Regional Clinical Director
ekopp@PROexPT.com

Farmington

3 Farm Glen Boulevard
Farmington, CT 06032
860-284-9780

Springfield

1150 W. Columbus Avenue
Springfield, MA 01105
413-241-8900



Sports Legacy Institute

230 Third Avenue
Waltham, MA 02451-7528
www.sportslegacy.org

Robert Cantu, MD
Medical Advisory Board Chairman

Chris Nowinski
President of Sports Legacy

SPORTS RELATED CONCUSSIONS SEMINAR

PRESENTED BY:



People Focused Physical Therapy

Wilmington High School Athletic Department



Guest Speakers:

Chris Nowinski

Author of *Head Games: Football's Concussion Crisis*

Dr. Robert Cantu

Chief of Neurosurgery and Director of Sports Medicine at Emerson Hospital

Tuesday, September 9th, 2008 at 7pm

**At the Wilmington Middle School Auditorium
25 Carter Lane, Wilmington, MA 01887**

What is a CONCUSSION?

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even what may seem like a mild bump or “getting your bell rung” may be serious. A concussion can happen even if the person does not lose consciousness. Signs and symptoms of concussions can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

SYMPTOMS

Reported by Athlete

Headache or “pressure” in head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to light
Confusion
Concentration or memory problems
Sensitivity to sound
Feeling sluggish, foggy, hazy or groggy
Does not “feel right”

Observed by Others

Appears dazed or stunned
Is confused about assignment or position
Forgets instructions
Moves clumsily
Answers questions slowly
Is unsure of surroundings
Loses consciousness (even briefly)
Can't recall events prior to hit or fall
Can't recall events after hit or fall
Behavior or personality changes

When can a concussed ATHLETE SAFELY RETURN TO PLAY?

Even while there is no universal agreement on the precise definition and grading of concussions, there is unanimous agreement among experts that an athlete still suffering post-concussive signs or symptoms at rest and with exertion should not be allowed to return to contact or collision sports.

According to Robert C. Cantu, MD, Chief of Neurosurgery Service and Director of Sports Medicine at Emerson Hospital, the confusion and frustration with the current scales have resulted in many sports medicine professionals not using any of the grading scales for evaluations purposes.

What can parents do TO PROTECT THEIR CHILD-ATHLETE?

Parents need to take an active role on the subject of concussions in sports. Most youth athletes do not have access to medical professionals through their sports programs, and most youth coaches receive little to no formal education on concussions. For many athletes, the only opportunity they will have to learn about how to minimize the dangers of playing through concussions and returning too soon is through the media or from their parents. Education begins at home.

What should I do if I suspect MY CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don't let your child return to play until a health care professional says it's OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child's coach and athletic trainer about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Tips to improve a healthy AND SUCCESSFUL ATHLETIC CAREER.

1. Educate yourself and your child about the signs, symptoms and the dangers of returning to sports too soon, especially Second Impact Syndrome (SIS). The number one reason athletes don't report a concussion is because they don't realize the symptoms they are suffering are defined as a 'concussion.'
2. If your child plays a collision sport like football or hockey, be prepared for the possibility of a concussion. Around 50% of high school and college football players report suffering concussion-like symptoms each season.
3. Remember: an individual does not have to suffer a loss of consciousness (LOC) to have suffered a concussion. In fact, the vast majority of concussions (more than 90%) do not involve LOC.
4. Athletes feel significant pressure to play through injuries. Emphasize to your child the dangers of failing to immediately report symptoms, and that doing so places them at risk for a catastrophic injury. Highlight that it is better to miss a game than to miss a season.
5. Demand that all coaches and certified athletic trainers (ATCs) involved in your child's sports program are trained to recognize and manage concussions.

STATISTICS

An athlete who sustains concussion is

4-6

times more likely to sustain a second concussion.

- Effects of concussion are cumulative in athletes who return to play prior to complete recovery. (provided by IMPACT™)
- The Centers for Disease Control and Prevention (CDC) estimate that there are between 1.6 and 3.8 million youth sports concussions a year. The vast majority of concussions are never diagnosed. (provided by CDC)