



Sports Medicine  
584 County Line Road West  
Westerville, Ohio 43082  
(614) 355-6000

Sports Medicine Concussion Clinic Locations:

**Sports Medicine and Orthopedic Center**  
584 County Line Road West  
Westerville, Ohio 43082

**Canal Winchester *Close To Home*<sup>SM</sup> Center**  
7901 Diley Road, Suite 150  
Canal Winchester, Ohio 43110

**Dublin *Close To Home*<sup>SM</sup> Center on Venture Dr.**  
5675 Venture Drive  
Dublin, Ohio 43017  
*New Sports Medicine and Orthopedic Center  
on Venture Dr. opening in 2012.*

**East Columbus *Close To Home*<sup>SM</sup> Center**  
6435 East Broad Street  
Columbus, Ohio 43213

**Orthopedic Center**  
479 Parsons Avenue  
Columbus, Ohio 43215

To arrange a consult with our Sports Medicine team, call (614) 722-6200 or fill out an appointment request form online at [www.NationwideChildrens.org](http://www.NationwideChildrens.org).

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[NationwideChildrens.org/Sports-Medicine](http://NationwideChildrens.org/Sports-Medicine)



**What is a concussion?**

A concussion may be caused by a blow, bump, or jolt to the head or by any fall or hit that jars the brain. This “invisible” injury disrupts the brain’s normal physiology which can affect mental stamina and function. A concussion may involve loss of consciousness, but the majority do not. If managed properly, a concussion is normally a temporary condition from which most kids make a full recovery.

**What are the symptoms?**

Less than 50% of high school athletes will report their concussions. While a blow to the head may not seem like a big deal, concussion symptoms can develop immediately or up to 48 hours after the incident. So, it is important for parents to be able to recognize the symptoms.

- Headache (most common)
- Nausea or vomiting
- Dizziness/balance problems
- Sensitivity to light and/or noise
- Fatigue, sleeping more or less than usual
- Irritability
- Difficulty concentrating or remembering
- Feeling mentally “foggy”



# A Parent’s Guide to Concussions in Children and Adolescents



# When your child needs specialized care, everything matters.

## What should I do if my child sustains a concussion?

**First**, monitor your child in the 24-48 hours following the injury. If your child experiences these symptoms, he or she needs to be seen immediately in the Emergency Room:

- Severe/increased headache
- Sudden vision changes or unequal pupils
- Unusual/increased drowsiness
- Projectile or repeated vomiting
- Abrupt personality changes
- Sudden loss of consciousness or inability to arouse
- Any rapidly worsening symptoms

**Second**, have your child avoid physical activity, TV, video games, computer use, text messaging, and loud music. These activities increase brain activity and therefore can worsen symptoms. Do not use aspirin or ibuprofen for headaches; use acetaminophen (Tylenol) only. Encourage your child to eat a light diet and rest.

**Third**, arrange for your child to be evaluated by a healthcare provider experienced in concussion management. You are encouraged to ask the healthcare provider if he or she is aware of the most up-to-date concussion literature. Knowledge about concussions is rapidly evolving, so the old graded severity scales (such as a grade 1 or grade 3 concussion) are no longer used.



The Sports Medicine Concussion Clinic at Nationwide Children's Hospital utilizes the expertise of pediatric Sports Medicine specialists and athletic trainers, along with neurologists, neurosurgeons, radiologists, and neuropsychologists to best manage pediatric concussions.

## What if my child is injured while playing sports or in gym class?

Because of the risk of Second Impact Syndrome, no child should be allowed to return to activity on the same day he or she sustains a concussion, nor should any child be pressured by a coach or parent to return before he or she is evaluated by a qualified medical professional or before symptoms resolve.

## When can my child get back to sports?

A child who has sustained a concussion should not return to physical activity until cleared by an appropriate healthcare provider, such as a physician or athletic trainer. The child should be completely symptom free and then participate in a gradual progression back to activity. This gradual progression is critical because a return of any signs or symptoms of concussion during mild physical activity signals that the brain has not healed and that the child is not ready to return to activity.

Many young athletes get caught up in the moment and feel pressured to return to sports. Encourage your child to be honest with you and your healthcare provider about his symptoms. Returning a child to play too soon after a concussion puts him at risk for Second Impact Syndrome.

## What are the dangers of a concussion?

**Second Impact Syndrome** is a catastrophic event that can occur when a second blow to the head happens before a child has completely recovered from a concussion. This second impact, which may be even a minor blow, causes brain swelling, resulting in severe consequences, such as brain damage, paralysis and even death.

## Baseline Neurocognitive (Concussion) Testing

Nationwide Children's Sports Medicine is now offering baseline neurocognitive (concussion) testing to evaluate a healthy athlete's decision making ability, reaction time, attention and memory. To learn more, visit [www.NationwideChildrens.org/Sports-Medicine](http://www.NationwideChildrens.org/Sports-Medicine) or call (614) 355-6000.