

# Parental Concussion Form

## Metamora Sports Medicine

Dear parent or guardian,

Another year of Metamora Football is upon us. As we have in the past, we plan to make concussions a point of emphasis. A concussion is a mild injury to the brain that should resolve in a short time. We suspect concussion when someone displays one of the following:

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious

Though this is not a complete list, these are the most common symptoms. Any one of these may represent a concussion.

Concussions can be dangerous if not managed appropriately.

It is not safe to return to play on the day a concussion is diagnosed. For this reason, you will notice that your son does not play the remainder of the game. This is for their safety.

On the day of the injury, someone will discuss with you whether your son should be evaluated at the emergency department. This will be based on special tests designed to help identify problems that may mimic a concussion.

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Problems can arise over the 24-48 hours after a concussion. Please pay attention to how your athlete is behaving/acting at the time around the injury. Any worsening of symptoms or unexpected changes should prompt you to **GO TO THE ER!**

These include but are not limited to:

- Headache that worsens
- Inability to arouse or awaken
- Can't recognize people or places common to them
- Vomiting
- Worsening confusion, odd behavior, irritability
- Seizures (arms or legs jerking or moving uncontrollably)
- Weakness, numbness or tingling
- Have worsening or any speech slurring or balance problems

It is better to be safe, **if you have any concerns go to the ER!**

You **DO NOT** need to keep your athlete awake for observation as long as they continue to improve their symptoms.

Rest (both physical and mental) is important for your athlete. They should avoid any physical activity and, if possible, should avoid video games, homework, or any heavy thinking until no symptoms are present.

They will undergo a step-wise RETURN TO PLAY when they are completely symptom free, per our protocol. This will be addressed with the coaches as well. There is a chance they may not be cleared for the following game depending on how they progress.

It is ok to treat with Tylenol, though they must be off the medicine and symptom free prior to returning to practice.

Your athlete will need follow up evaluation prior to returning to any practices or games and may require time off from school. Please contact your doctor or Dr. Miles' office at 444-2090 for clearance or questions.

In good health,

Metamora Sports Medicine Team