

## Return to Play

There is no one size fits all for this. Each concussion is different from another. The more symptoms you have and the longer they last, the longer you stay out. When you have multiple concussions, the risks are greater with each one and therefore the longer you stay out. Honesty is important in your recovery. Just because you can't see the injury doesn't mean it's not there.



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### CARVER ATHLETICS

## Concussions

### Crusader Pride



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## What is a concussion?

A concussion is an injury to your brain. These can occur with or without a person losing consciousness. Some concussions have symptoms that show up right away yet others may take a few hours for symptoms to show up. Concussions range from mild to severe. The more severe concussions require further medical care (ER, Family Practitioner) whereas the mild concussions can be managed at home with the help of your Athletic Trainer.



## Symptoms may include any of the following

- Loss of consciousness (blackout)
- Anterograde amnesia (forgets the day, opponent, play)
- Retrograde amnesia (forgets birthday, grade, number)
- Vision trouble (fuzzy, double)
- Headache
- Nausea
- Sensitivity to light or sound
- Balance problems/ Dizziness
- Feeling foggy/ groggy
- Concentration problems
- Irritable/ Mood swings



## Immediate Care

Take the time to let your brain heal! If you drove a car to school, let someone else drive it home. You should not spend the night alone. If your parents work nights have a friend stay with you. When at home eat lightly (no heavy foods) and keep it plain (no spicy foods). You don't need to go right to sleep when you get home but keep your activity to a minimum. During the night someone should wake you up once or twice. You will probably have a headache but I want you to refrain from taking anything for it. No aspirin, no Advil, no nothing! If symptoms worsen seek immediate medical attention. If you ever not sure about anything, seek immediate medical attention.

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