Recognize and treat symptoms of concussions

Across the country, athletic programs and medical professionals are putting a greater emphasis on identifying and treating concussions, which are commonly experienced by athletes who play contact sports such as football, soccer and hockey.

To treat a concussion, you first need to be able to recognize the signs and symptoms of one.

At Northwestern Medicine, the goal of the Sports Concussion Clinic is to increase awareness and understanding of concussions, and to encourage parents and players to contact the Sports Concussion Clinic for a screening if a concussion is suspected.

What exactly is a concussion?

A concussion is a type of brain injury that can happen when the head hits an object, or when a moving object strikes the head. A concussions can also occur when the head experiences a sudden force even without being hit directly. In the United States, athletes experience up to 3.8 million concussions each year, so it’s important to recognize the signs and symptoms.

Locations:

DeKalb
5 Kish Hospital Drive, Suite 203

Geneva
351 Delnor Drive, Suite 410

Warrenville
27650 Ferry Road

For more information or to make an appointment, please call 630.225.2663. TTY for the hearing impaired 630.933.4833.

Sports Concussion Clinic
Collaborating specialties:

Athletic Training
Neurology
Neuropsychology
Neurosurgery
Pediatric Neurology
Psychiatry
Physiatry
Physical Therapy
Sports Medicine

rmg.nm.org/orthopaedics
Know the Signs.
Understand the Symptoms.

Raise your awareness today by familiarizing yourself with the signs and symptoms of a concussion.

<table>
<thead>
<tr>
<th>Signs you can observe:</th>
<th>Symptoms that an athlete can report:</th>
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<tbody>
<tr>
<td>Memory loss of events before, during or after injury</td>
<td>Blurry or double vision</td>
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<td>Behavior or personality change</td>
<td>Confusion</td>
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<tr>
<td>False/imagined memory</td>
<td>Dizziness</td>
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<td>Delayed spoken or physical responses</td>
<td>Feeling very drowsy or having sleep problems</td>
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<td>Balance problems</td>
<td>Feeling hazy, foggy or groggy</td>
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<td>Disorientation (confusion about time, date, location)</td>
<td>Headache</td>
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<tr>
<td>Trouble controlling emotions</td>
<td>Inability to focus, concentrate</td>
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<td>Loss of consciousness (blackouts)</td>
<td>Nausea and/or vomiting</td>
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<tr>
<td>Slurred/unclear speech</td>
<td>Not feeling “right”</td>
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<tr>
<td>Empty stare</td>
<td>Increased sensitivity to light or sound</td>
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If you have experienced a concussion, or believe you know someone who has, contact the Sports Concussion Clinic at 630.225.2663. TTY for the hearing impaired 630.933.4833.