



# Northwestern Medicine Sports Concussion Clinic

## 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.

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### Locations:

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#### 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.

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### Sports Concussion Clinic

#### Collaborating specialties:

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Athletic Training

Neurology

Neuropsychology

Neurosurgery

Pediatric Neurology

Psychiatry

Physiatry

Physical Therapy

Sports Medicine

# Know the Signs. Understand the Symptoms.

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

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## Signs you can observe:

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Memory loss of events before, during or after injury  
Behavior or personality change  
False/imagined memory  
Delayed spoken or physical responses  
Balance problems  
Disorientation (confusion about time, date, location)  
Trouble controlling emotions  
Loss of consciousness (blackouts)  
Slurred/unclear speech  
Empty stare

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## Symptoms that an athlete can report:

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Blurry or double vision  
Confusion  
Dizziness  
Feeling very drowsy or having sleep problems  
Feeling hazy, foggy or groggy  
Headache  
Inability to focus, concentrate  
Nausea and/or vomiting  
Not feeling "right"  
Increased sensitivity to light or sound

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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.**



**Orthopaedics**