

How is a Concussion Managed?

The most important treatment is

REST.

Symptoms are typically worsened by physical and mental exertion. Return to normal activities should be done gradually. If symptoms return, it is a sign that the brain still needs rest.

Return to Sports

Step 1: No activity. This means mental and physical **REST** until the athlete is symptom free.

Step 2: Light aerobic activity such as walking or stationary cycling at a comfortable level.

Step 3: Sport specific aerobic activity for 20-30 minutes. **NO** body contact.

Step 4: Training Drills for 20-30 minutes. **NO** body contact

Step 5: Training drills with body contact once cleared by a physician

Step 6: Full participation in sport

Each step must take a minimum of one day until symptoms are resolved.



The Concussion Awareness Community Education Committee operates under the umbrella of Safe Communities Partnership

Sault Ste. Marie Safe Communities Partnership will act as the agent for safety and injury prevention initiatives across sectors and population segments by developing new innovative projects and being responsive to the needs of the community

Contact Information

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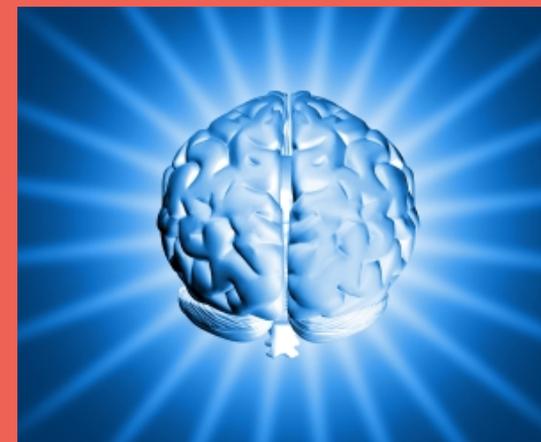


PREVENTING INJURIES. SAVING LIVES.

<http://www.parachutecanada.org/>

Concussion Awareness Community Education Committee

Committed to educating the general public on how to prevent, recognize, and manage signs and symptoms of a concussion



<http://concussionalgoma.weebly.com>

Concussion Overview

What is a concussion?

A concussion is a type of brain injury that may be caused by a blow to the head, face, neck or body causing sudden shaking of the brain inside the skull. *You do not need to lose consciousness to have a concussion.*

What can cause a concussion?

Many activities can cause a concussion including playing sports, biking, motor vehicle accidents, falls, playground injuries or hits to the head.

What are the signs and symptoms of a concussion?

- **Cognitive:** Mentally foggy, forgetful of recent information, answers questions slowly, difficulty concentrating
- **Physical:** Headache, sensitivity to light/noise, dizziness, dazed
- **Emotional:** Irritability, sadness, more emotional, nervousness
- **Sleep:** Drowsiness, sleeping less/more than normal, difficulty sleeping

What is Baseline Concussion Testing?

Baseline concussion testing is a screening process used to assess an individual's physical and neurocognitive performance in areas that include:

- Balance
- Attention
- Concentration
- Orientation
- Immediate memory

Collecting baseline information on the above components facilitates the ability of healthcare professionals to assess the presence of a concussion.

We recommend that a SCAT3 concussion baseline pre-test be performed annually, and a post-test analysis should be administered if a concussion is suspected.

When a concussion is suspected, comparative results from before and after the concussion can be assessed to better diagnose and manage the concussion symptoms.

We recommend that all athletes involved in contact sports undergo baseline testing as a proactive solution to potential concussions.

Where to Go For Baseline Concussion Testing

- Sault College Sports Clinic
705-759-2554 ext. 2457
- Jeremy Paquin
Registered Occupational Therapist
(Ont.) Catalyst Fitness
705-971-5415
www.concussionpro.com
- Nicola Grey
Certified Athletic Trainer
Sault College/TMX Crossfit
705-254-9626
- Tyler Belanger
Director of Education and Research
Ignite Gym
tyler@ignitegym.com

Where to Go for Support

- Family Physician, Nurse Practitioner, SAH Emergency
- Brain Injury Association of SSM
Elizabeth Eddy 707-246-9191
braininjuryssmd@gmail.com
- Julie Myers, MSW, RSW
March of Dimes Cnaada
705-254-2825
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