



HEAD INJURY AND CONCUSSION

Symptoms and care for your child

Head injuries occur when direct or indirect force causes the brain to shake or move in the head.

These injuries can range from mild to severe. Most often, symptoms do not appear immediately. Instead, they can manifest themselves hours to days after the trauma. If you notice any of the symptoms listed here, changes in your child's behavior or an increase of symptoms, please seek medical attention.

Know the symptoms of brain trauma.

If your child experiences any of the following symptoms, immediately call your physician, take your child to the emergency room, or call 911.

- Worsening loss of memory or trouble with thought patterns (for instance, if it takes them a while to remember events or items)
- Severe or pounding headaches or persistent or worsening headaches despite medication
- Mental confusion, notable behavioral changes or unusual behavior (such as excessive crying or combativeness)
- Dizziness, poor balance or unsteadiness
- Nausea, vomiting or fever
- Abnormal drowsiness or lethargy
- Convulsions
- Tingling or numbness in arms, hands and feet
- Blood or clear fluid from ears or nose
- Loss of appetite
- Blurred or double vision
- Slurred speech

Caring for your child's head injury.

- Watch your child carefully at home for the first 24 to 48 hours after injury.
- Have your child avoid strenuous physical activity for at least 24 hours after injury or until cleared by a medical professional.
- Apply an ice bag to the area of swelling intermittently for 24 hours.
- For headache, use acetaminophen (as long as your child has no allergies or ill effects when taking it).
- Unless otherwise instructed, DO NOT awaken your child.
- Be sure your child reports to the athletic trainer the next school day.

Summa Center for Sports Health

Led by Dr. Nilesh Shah of Summa Orthopaedics and Sports Medicine, the Summa team identifies, treats and prevents sporting and fitness-related injuries. Our physicians read and interpret the ImPact Concussion Management Testing. They also offer same day/next day appointments.

1-888-7-SUMMA-SPORT



www.summahealth.org/sportshealth

Nilesh Shah, M.D.

Dr. Shah completed his sports medicine fellowship at The Ohio State University. He is board certified in family practice and possesses a certificate of added qualifications in sports medicine.



James Goff, D.O.

Dr. Goff completed his fellowship training in sports medicine at The Ohio State University Medical Center. He is board certified in sports medicine and family practice.



Tom Bartsokas, M.D.

Dr. Bartsokas received his medical degree from Southern Illinois School of Medicine, Masters Degree in Exercise Physiology from University of Wisconsin, Lacrosse. He is board certified in Sports Medicine. He was also a physician for the 1996 and 1998 Olympic Games.



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