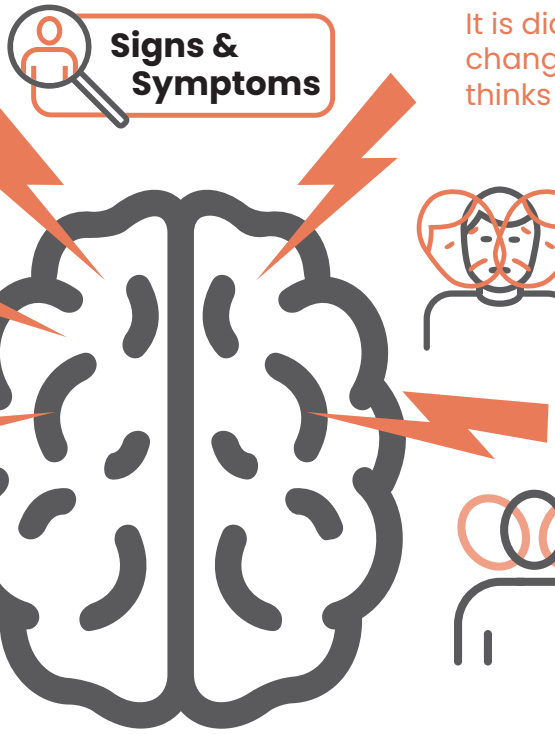
ALBERTA CONCUSSION AWARENESS

What is a Concussion?

A concussion is a mild traumatic brain injury that occurs following biomechanical forces directly to the head or indirectly through forces to the body that result in a series of events that occur in the brain at a cellular level.

A concussion can't be seen on routine image scans, such as an MRI, X-ray, or CT scan.

It is diagnosed by observing changes in the way a person thinks and feels.



Sleep

- Can't sleep
- Sleeping poorly
- Sleeping to much

Emotions

- Irritable
- Nervous or anxious
- More emotional
- Feeling Foggy/Sad

The Body

- Dizzy
- Headache
- Sick to the stomach
- Pressure in the head
- Trouble with balance
- Sensitive to light or noise
- Blurry vision

Thinking

- Confused
- Sleepy
- Can't think
- Can't remember
- Tired or low energy

Red Flag Symptoms

If a person shows any Red Flag Symptoms, Call 911 and get immediate medical help.

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Deteriorating conscious state
- Vomiting more than once
- Increasingly restless, agitated, or combative
- Growing confusion

If the person is unconscious, Do not:

- move the person
- remove any equipment, like a helmet or padding, in case of an injury to the spine

Concussion Recovery/Treatment

General recommendations for concussion recovery include a short period of rest (1 to 2 Days), followed by a gradual return to activity under the supervision of a medical professional.

Usually, symptoms will go away in 1 to 4 weeks.

Among licensed healthcare professionals, only medical doctors and nurse practitioners are qualified to conduct a comprehensive medical assessment and provide a concussion diagnosis in Canada.

For more information visit:
www.sportmedab.ca/aca