

Game over or Game on?

6 CRITICAL POINTS

in acute concussion management & return to sport



1

CONCUSSION STATEMENT

International Consensus Statement: “a traumatic brain injury, induced by biomechanical forces”.

- The Concussion in Sport Group



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ACUTE MANAGEMENT

If suspected of a concussion:

- Remove from sport
- Remain in the company of your child
- Seek medical treatment IMMEDIATELY
- Avoid aspirin, anti-inflams, pain medication

Take note of the following:

- **When** did it happen?
- **How** did it happen?
- **Where** did it happen?
- **What** symptoms did they have?



5

RETURN TO SPORT

Every code (AFL, league, union) have different guidelines.

Moreover, everyone recovers at a different rate. Rule of thumb, minimum 12 days before returning.

2

RECOGNISING CONCUSSION



Recognising concussion can be difficult. Appropriate response and management can help prevent further injury or even death.

Scan QR code to help recognise whether your player / child is concussed.



4

MANAGING SYMPTOMS



To help manage your symptoms, try the following:

- Rest
- Avoid activities that require heavy concentration / thinking
- Avoid Screen time

6

LONG-TERM HEALTH



Chronic traumatic encephalopathy neuropathological change (CTE-NC) may be associated with repeated head trauma. However, research around the long-term effect is still limited.

NEED TO BOOK AN APPOINTMENT?
SCAN QR CODE AND FILL OUT ONLINE FORM FOR A DISCOUNTED FEE OF \$85 PER SESSION (\$120 VALUE).

