

Sports Medicine & Concussion Management Program

Call to Schedule an Appointment

You were referred to Allina Health's Sports Medicine & Concussion Management Program.

- Call 763-236-9018 Monday through Friday from 8 a.m. to 4 p.m. to schedule an appointment or to ask questions.
- You should **not** return to sports until you have a follow-up visit.
- Keep all follow-up appointments with your health care provider or specialist, even if you are feeling better.

Concussion

A concussion is a mild traumatic brain injury that occurs after a blow to the head or after violent shaking.

Concussion can cause:

- passing out (loss of consciousness)
- headache
- nausea, vomiting, dizziness
- sensitivity to light and noise
- numbness, tingling or both
- blurred or double vision
- ringing in the ears
- drowsiness
- trouble concentrating.

Activity Restrictions

- Avoid any activity that causes concussion symptoms or make your symptoms worse. This includes physical and mental activities.
- After the first few days, you can slowly start doing light, non-contact or non-collision activities.
- Do not play video games, text, work at the computer for longer than 15 to 20 minutes at a time. Do not do complex homework.
 - Tell your teachers you have a concussion. You may need to adjust your work or school activities and schedules for a few days to weeks.
- Do not operate machinery or a vehicle of any kind until a health care provider says you can.
- Do not drink alcohol or take any substances that alter your mood.
- Do not start taking any new medicines (prescription, over-the-counter or natural medicines) without your health care provider's OK.

Take Care of Yourself

- Take your regular medicines.
- Get lots of sleep and eat well to help your brain heal.
- Take a multivitamin each day.

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When to Call 911

Call 911 right away if you have symptoms that get worse or start quickly including:

- an altered level of consciousness
- vomiting that won't stop
- convulsions or seizures
- severe headache that gets worse
- disorientation or confusion
- weakness in your arms or legs
- speech difficulties
- sudden vision changes including unequal pupils
- irritability.

What to Know Before Your First Visit

Here are tips to help you prepare for your first visit:

- If you are younger than 18, a parent or guardian needs to be with you at the visit.
- Get a good night sleep the night before the visit.
- You can take acetaminophen (Tylenol®) for headache pain. Do not take ibuprofen (Advil® or Motrin®) until you are rechecked.
- Do not drive if you are having symptoms after your injury (if you are of driving age).

- You will meet with a doctor and sports medicine team. They may:
 - assess your injury
 - test you for dizziness, vision problems, headaches, balance, and eye movement (known as a vestibular-ocular motor screening)
 - give you ImPACT™ Computerized Post-Injury Concussion Testing (for ages 11 and older)
 - talk with you about test results, exam findings, and guidelines for return to school, sports, work and activities.

Concussion recovery time varies from person to person. The same injury in one person may heal in days while it may take weeks to heal in another person.

Second Impact Syndrome

This condition is rare but serious. It occurs in people (especially children and teens) who return to a sport or activity before their concussion has healed.

A second blow to the head, even a minor one, can result in a sudden swelling of the brain. Second impact syndrome can cause death.

Even a mild concussion can lead to second impact syndrome if the concussion is not managed properly. It can occur weeks after the current concussion you are experiencing.

Call 911 or have someone drive you to an Emergency Department right away if you get another concussion.