POSSIBLE CONCUSSION

Concussion is a type of brain injury that can result from an injury that shakes the head. Loss of consciousness may or may not occur. With rest, the majority of people fully recover within 7–14 days but occasionally some take a few weeks to recover.
People who have had prior concussion(s), a history or migraine headaches, ADHD/ADD or another learning disability, insomnia, motion sickness, or a current mental health diagnosis may have more pronounced symptoms and/or take longer to recover.
After a concussion, the brain is more sensitive to repeat trauma especially during recovery. Be sure to avoid activities that could cause another head injury.

SYMPTOMS OF CONCUSSION:

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WHEN TO SEEK IMMEDIATE MEDICAL EVALUATION
(go to the closest Emergency Department):

- Headache is getting significantly worse
- Episodes of vomiting keep occurring

– (No Modifications) Return to classes as usual, fully participating and taking all quizzes or tests in the original format. Continue to work with professors and instructors to complete any missed work. Any return of symptoms should prompt a follow up visit with a medical professional.

RETURN TO EXERCISING:

Begin exercising only when all symptoms of concussion have resolved and then follow this stepwise approach. If symptoms occur with activity at any step, stop and start over beginning the next day. The following progression is at a rate no faster than one step every 24 hours.

- Low level activity: fast walking, light jogging, light stationary bike, light weight lifting (low weight, high rep)
- Moderate activity with body/head movement: Moderate jogging, brief sprinting, moderate intensity stationary bike and weight lifting (reduced time or weight from typical)
- Heavy non-contact physical activity: includes sprinting, high intensity stationary bike, regular weight lifting program and non-contact sport specific drills.
- Club Sports participants: Follow-up with Sports Medicine in UREC before progressing to practice and game play.