



POST-CONCUSSION CARE

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?



REPORT IT

Never ignore your symptoms, even if they seem mild. Communicate with your Certified Athletic Trainer, parent, or coach if you think you or a teammate may have sustained a concussion.



GET CHECKED OUT

Healthcare professionals (such as Certified Athletic Trainers and team physicians) who are trained in concussion management are the only individuals who should evaluate a concussion and determine when someone is ready to return to play. The sooner you get checked, the sooner you may be able to safely return to activity.



TAKE CARE OF YOUR BRAIN

Give your brain the time it needs to heal, just as you would with an ankle sprain or hamstring strain. Unlike the bruising that may be seen with an ankle injury, concussions often don't show visible damage — but the injury is still there.



COMPLETE RETURN-TO-PLAY

Contact your nearest JAG Physical Therapy location to schedule your return-to-play protocol with one of our experienced physical therapists. Completing the JAG Physical Therapy protocol ensures a safe return to activity.

WHAT ARE THE SIGNS & SYMPTOMS?

Signs and symptoms can vary for each individual and may take up to 24-48 hours to appear. Common signs and symptoms include:

- Headache
- Confusion
- Balance problems
- Dizziness
- Double or blurry vision
- Slow reaction time
- Difficulty concentrating
- Difficulty recalling events before or after injury
- Nausea
- Sensitivity to light and noise
- Feeling more emotional than usual
- Difficulty sleeping

WHY SHOULD YOU REPORT YOUR SYMPTOMS?

Concussions affect the way the brain functions:

- Playing through a concussion may result in serious consequences
- While your brain may seem "okay," sustaining another concussion too soon can cause further damage
- Your brain is vital and cannot be repaired once damaged. Protect it by allowing proper recovery and adhering to return-to-play protocols