



Protecting Student Athletes From The Long Term Effects of Concussions



What is a Concussion?

A concussion is a brain injury, brought on by a trauma directly to the head or to other parts of the body with forces transmitted to the head and brain. The injury causes a disruption of the brain's normal function resulting in a multitude of symptoms, physical signs, behavior changes, sleep problems, and disturbances in thinking and learning. Loss of consciousness, although occurring at times, infrequently accompanies concussion.

Sports associated concussions are some of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. An estimated 400,000 high school athletes sustained concussions in five major male sports and four major female sports. Annually, an average of 130,000 sports and recreation related head injuries, including concussions, are evaluated in U.S. emergency departments. The Centers for Disease Control (CDC) estimates that as many as 3,900,000 sports and recreational related concussions occur in the U.S. each year.

ALL concussions are potentially serious. With this in mind, WellSport, in conjunction with local organizations in the region, have established a community based approach to prevention, timely recognition and comprehensive management of concussions. The goal is to improve community awareness of the problems associated with sports associated concussions, facilitate timely recognition and implement a comprehensive, multidisciplinary approach to management of concussions. The program is based on the 4R's of concussion management:

- Recognize** – learning to recognize when a concussion has occurred
- Report** – promptly reporting the concussion
- Remove** – removing the athlete from activities so that they may be properly evaluated
- Recover** – allowing the athlete to completely recover before returning to activity

See reverse side for information regarding baseline test.

Concussion Management Resources from WellSport

To assist in concussion management, WellSport is offering the Axon Sports Computerized Cognitive Assessment Tool (CCAT) for baseline records to be used if an athlete sustains a concussion. This test helps to determine when the athlete has fully recovered and may return to play. The Axon Sports CCAT measures speed and accuracy of different aspects of thinking which are highly sensitive to the effects of concussions. The test is brief (8-10 minutes) and uses no language tasks – the four scored tasks feature familiar playing cards and a game-like style. The Axon Sports CCAT after-injury test compares results to that person's pre-injury baseline to determine cognitive changes. It is an objective, scientifically validated measure of cognitive function and can identify subtle cognitive change not detectable without a baseline test or when relying on reported-symptoms alone.

Cost **\$30.00**

Includes baseline Test and any necessary post-injury testing. To schedule, contact WellSport at MidMichigan Health by calling (989) 837-9350.



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