

CONCUSSION STATISTICS SHOW:

- The highest rate of concussions are sustained from car accidents.
- 1 in 5 high school athletes will sustain a sports concussion during the season.
- 4 - 5 million concussions are reported annually.

COMMONLY ASKED QUESTIONS:

- How do I know if I, my child, or my parent has a concussion?
- What are the signs and symptoms I should ask for?
- What do I do if I, my child, or my parent sustains a concussion?
- How can I prevent my child, who plays contact sports, from sustaining a concussion?
- When is it safe for me or my child to return to work or sports?

The Rehabilitation Team at Cape Regional Health System is committed to providing the highest quality and comprehensive care to those suffering with concussion symptoms in order to maximize recovery.



For a Healthier Life.

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CONCUSSION CARE CENTER



For a Healthier Life.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that occurs when a person receives a blow to the head, neck, or upper body causing the brain to “rattle” or “shake” inside the skull. The “rattling or shaking” against the hard structure of the skull can cause neurological damage. If the impact is significant enough, or if a person sustains multiple concussions before the brain fully heals, the damage can be permanent.

STATE-OF-THE-ART TECHNOLOGY

The Concussion Care Center at Cape Regional Medical Center uses state-of-the-art technology to diagnose and treat patients with concussions. The Dynavision is the latest and most sophisticated piece of equipment, which addresses cognitive and motor deficits that occur as a result of a concussion. The Center also offers the Biodex Balance System, which addresses both balance and vestibular deficits that may occur.

CONCUSSION SIGNS AND SYMPTOMS

Anyone who shows or reports one or more of the signs and symptoms listed below, or simply says they just “don’t feel right” after a bump, blow, or jolt to the head or body, may have a concussion or more serious brain injury.

CONCUSSION SIGNS OBSERVED

- Can’t recall events prior to or after a hit or fall
- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

CONCUSSION SYMPTOMS REPORTED

- Headaches or “pressure” in head
- Nausea or vomiting
- Balance problems, dizziness, double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, concentration, or memory problems
- Just not “feeling right” or “feeling down”

Signs and symptoms generally show up soon after the injury. However, at first you may not realize how seriously you have been injured. For example, in the first few minutes you might be a little confused or a bit dazed, but hours, if not days after the incident, you might not remember how you were hurt.

You should continue to check for signs of a concussion not only right after the injury, but also for the few days that follow. If your concussion signs or symptoms worsen, you should go to the emergency department right away.

HIGH QUALITY, COMPREHENSIVE CARE

The Rehabilitation Team at Cape Regional Health System is committed to providing the highest quality and comprehensive care to those suffering with concussion symptoms in order to maximize recovery.

To schedule an evaluation, please call the
Concussion Care Center at
609.463.2629.