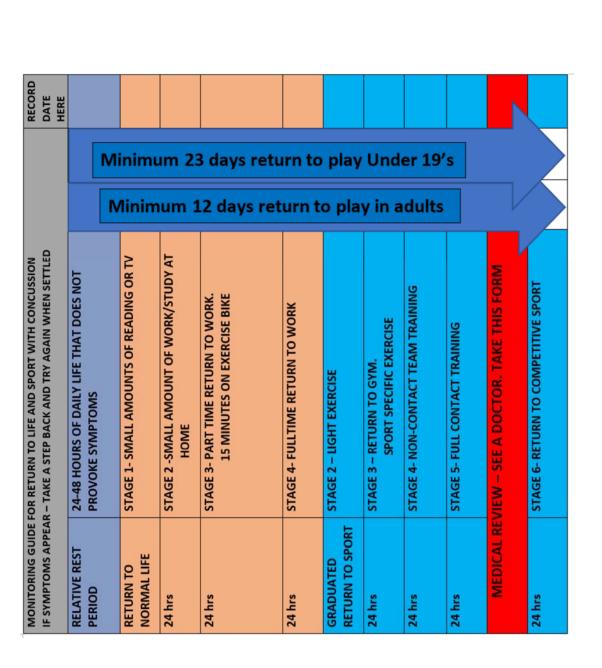
Return to Normal Life and Sport Guidance

After 24-48 hours of rest and mild activity that does stages of RETURN TO NORMAL LIFE and RETURN TO SPORT. Adults should not return to competitive contact sport before 12 days after as well as the injury. Rushing back early risks your brain health and further sports injuries--Look to progress through the Use this checklist to record your progress. symptomsplaying poorly.





Adult Sports Concussion advice



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Version 3 Review 2020

Minor Head Injury advice and concussion advice for adults

You have been assessed regarding your head injury and we believe the injury is not serious. Very occasionally complications can develop.

It is important that a friend or relative stays with you for the first 24 hours after your injury.

Concerning symptoms and signs to look out for after a head injury:

- Difficulty in waking up
- Confusion (not knowing where you are, getting things muddled up)
- **Severe headache** (not helped by paracetamol)
- Vomiting (2 or more times)
- Fits / seizures (collapsing and feeling out of touch afterwards)
- Numbness or weakness in arms / legs
- Problems with your vision
- Watery liquid from ears or nose

If you develop any of the above symptoms, then you should return to the Emergency Department

Concussion

Concussion is a brain injury.

Often people can feel unwell with symptoms of concussion after a head injury. 90% are better at 7-10 days.

If you do suffer any symptoms of concussion:-

Do not drive until your symptoms have resolved. Do not drink alcohol until your symptoms have resolved

| Symptoms | S | С | 0 | R | Ε | | | |
|----------------------|---|---|---|---|---|---|---|--|
| Mild headache | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Pressure in Head | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Neck pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Nausea/ sickness | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Dizziness | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Blurred vision | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Balance problems | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Sensitivity to noise | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Sensitivity to light | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Feeling slow | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Feeling in a fog | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| "Don't feel right" | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Memory problems | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Poor concentration | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Tiredness | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Confusion | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Drowsiness | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Feeling emotional | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Irritability | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Feeling Anxious | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Feeling Sad | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| Poor sleep | 0 | 1 | 2 | 3 | 4 | 5 | 6 | |
| | | | | | | | | |

Please read the advice below on returning to normal life activities, and returning to sport after concussion. Score your symptom

Concussion can develop directly after a head injury, or the symptoms may be delayed by up to 72 hours.

If you develop any of the above symptoms, they usually settle within 2 weeks without any treatment. If they last longer than this then please SCORE YOURSELF and see your own doctor.

Getting back to life and sport with concussion

- 1. Rest for 24 hours ONLY
- 2. Begin to "Return To Normal life"
- 3. Then begin "Return To Sport"

Staged return to Normal Life

Stage 1. Daily activities—watch TV/ Read Stage 2. Limited study/ work from home

Stage 3. Part time return to study / work

Stage 4. Return to full work and study.

Progress at 24 hour intervals. If symptoms recur—drop back a level and try again.

More info -

