

THE TRUTH ABOUT CONCUSSION

*A concussion is a mild traumatic brain injury (mTBI).
Most concussions occur without losing consciousness.*

SIGNS TO REMOVE A PLAYER FROM PLAY

Not Moving (Lying motionless)

Wobbly/Stumbling (Motor incoordination)

Seizure (Impact or after hit)

“Frankenstein Position” (Tonic posturing)

Blank Stare (Blank/vacant look)

No natural protective reflexes (Floppy)

SIGNS TO SEEK IMMEDIATE HELP (911 or HOSPITAL)

No sense of smell

Different pupil size

Unresponsive

Less responsive

Raccoon eyes (Bruise under eye)

Battle sign (Bruising behind ear)

More sleepy (Excessive drowsiness)

Increased strength in headache

DO'S AND DON'T

Schedule an appointment to follow up with baseline doctor

No loud sounds, no over stimulus

no bright lights (sun, phones, laptops, tablets, tv)

Notify people of importance (school nurse, athletic trainer, coach)

No Tylenol, Advil, Aleve, alcohol, tobacco, sleeping pills, and check any medication with the prescribing doctor first

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