

# Fisher-Titus Medical Center

# SPORTS INJURY GUIDELINES

*“The Winning Team for Your Athletic Health Care Needs”*

## Head Injury Information

Any head, face or jaw injury has the potential to be dangerous. Take this information home to your parents and follow these important guidelines.

**If any of the following occur, seek medical attention immediately:**

- Moderate, severe, prolonged or increasing headache
- Dizziness or poor balance
- Pupils of unequal size
- Nausea or vomiting
- Ringing in the ears
- Blurred or double vision
- Mental confusion and/or memory loss
- Convulsions
- Abnormal drowsiness or inability to awaken athlete
- Clear fluid or bleeding coming from ears or nose
- Moderate or severe neck and/or back pain
- Tingling, numbness or lack of control of arms or legs

### Observe athlete closely

Awaken your son or daughter every 1-2 hours to check for the above symptoms and general mental clarity. Use no medications unless instructed by a physician. Allow only clear fluids; avoid excessive eating or drinking.

*This information is not intended to be, and should not be used as a substitute for appropriate medical care. If you have any doubt, consult a physician immediately.*

## Second Impact Syndrome

### What is it?

Second Impact Syndrome is a dangerous condition which can occur if an athlete returns to sports before full recovery.

If you receive a second blow to your head (even a relatively minor one) before the symptoms of the initial concussion have cleared, the consequences can be deadly.

A second blow to the head causes the brain to lose its ability to regulate blood flow properly.

Engorgement of the blood vessels occurs which places excessive pressure on the brain. The pressure can result in rapid respiratory failure, coma and even death.

### Prevention

Don't return to sports after a concussion until your signs and symptoms have completely cleared.