

DO YOU HAVE A CONCUSSION?



A concussion is a mild traumatic brain injury that occurs when someone has a strike or blow to the head OR body that causes the brain and head to rapidly move back and forth. Most concussions do not result in losing consciousness. It can take up to 72 hours for concussion symptoms to appear. A concussion can be a medical emergency and should always be taken seriously. Most concussions will heal in 7-10 days with proper care, but 10-15% can linger for weeks, months or longer and require extra treatment, such as vestibular rehab, physical therapy and vision therapy.

**"When in doubt,
sit it out."**

It is better to miss one practice or one game than an entire season or longer. Follow proper concussion protocol and stay safe!

Symptoms of a Concussion:

- Headache
- Dizziness
- Mental fogginess
- Blurred vision
- Increased sadness
- Sleeping too much
- Difficulty sleeping
- Feeling "hazy" or "sluggish"
- Sensitivity to light
- Sensitivity to sound
- Confusion
- Memory problems
- Poor balance and coordination
- ~~Nausea/vomiting~~***
- Loss of consciousness****
- Seizure****
- Pupils different size****
- Slurred speech****
- Numbness/tingling****

*** Denotes MEDICAL EMERGENCY



Call 815.893.9075 or email clinic@smithptrun.com for more information on our comprehensive concussion management services.
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