

Head Injury Guidelines

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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 guidelines.

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

- Extreme, prolonged or increasing headache
- Extreme or prolonged dizziness or poor balance
- Pupils of unequal size
- Nausea or vomiting
- Blurred or double vision
- Significant 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!

Have athlete remain awake until normal bedtime. Awaken your child once or twice during the night to check for the above symptoms and general mental clarity. Use no pain medications unless instructed by a physician. These drugs may mask the above symptoms that can signal a serious injury. Allow only clear fluids; avoid excessive eating or drinking.

Important

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.

Follow Up

Please see Amanda in the athletic training room for a follow up assessment before returning to activity.

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. This pressure can result in rapid respiratory failure, coma and even death.

Prevention

Don't return to sports after a concussion until all your signs and symptoms have completely cleared. Always check with your doctor or Amanda before returning to