Lights Out on Electronics
The use of computers, TV and phone, including texting, can delay the brain’s healing process. Restriction from using these items as well as avoidance of concerts and loud music may improve healing time. During the next few days, limit TV time and only non-violent programs.

Academic Accommodation
The school administrators (principals, counselors and teachers) should be contacted and informed that the student athlete has sustained a concussion. Request “academic accommodation” such as excuse from classes and homework for a few days. This should occur until the symptoms diminish. Please remind your child to check in with the school nurse prior to going to class on the first day he or she returns to school.

Your child should also follow up with the school’s athletic trainer and should be restricted from participating until the symptoms resolve and a physician has cleared them to return to play. Return to play should be gradual and increase in stress over a period of a few days. If signs or symptoms return with workouts, then restrict from exercise until the athlete is able to work out without symptoms returning.

Physicians recommend neurocognitive testing as a tool to determine safe return-to-play time lines. This online test is easily implemented in the office of a physician certified in ImPACT (www.impacttest.com). For help finding an ImPACT-certified physician, and for more information about sports therapy call the Texas Health Ben Hogan Sports Medicine program.

Dynamic Visual Activity
Request the athlete to hold a vision card containing bold letters 14” away from eyes. Instruct to quickly shake head from left to right while maintaining focus on the letters. Repeat test with rapid up and down motion in the head.

Negative test: Athlete is able to read bold letters without difficulty

Positive test: Athlete is unable to focus on the letters and read them aloud. Make note if the athlete complains of dizziness or nausea.

PLAN OF ACTION
Return to Play __________________ Remove from Play __________________
Follow Up with Physician __________________
Athletic Trainer __________________
Signature __________________

Texas Health Ben Hogan Sports Medicine™
Concussion Center

Dallas
8230 Walnut Hill Ln.
Professional Bldg. 3
Suite 514
Dallas, TX 75231
P: 214-345-2929
F: 214-345-2905

Fort Worth
Ben Hogan Center
800 5th Ave.
Suite 402
Fort Worth, TX 76104
P: 817-250-6870
F: 817-250-6871

Plano
6300 W. Parker Rd.
Medical Office Bldg. 2
Suite 124
Plano, TX 75093
P: 972-981-7195
F: 972-981-7194

Student Athletes
On Field Findings

TexasHealth.org/BenHogan

1-877-THR-WELL (1-877-847-9355)
WHAT IS A CONCUSSION?
A concussion is a disturbance in the function of the brain caused by a direct or indirect force to the head or body. It results in a variety of symptoms (like some listed below) and may, or may not, involve memory problems or loss of consciousness.

WHAT SHOULD I DO?
Any athlete suspected of having a concussion should be removed from play for the remainder of the game and seek medical evaluation by a physician prior to returning to play. The best guideline is to note symptoms that worsen and behaviors that seem to represent a change in your son or daughter. If you have any question or concern about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department.

A person with a concussion may:
• Use acetaminophen (Tylenol®) for headaches
• Use ice pack on head and neck as needed for comfort
• Eat a light diet
• Go to sleep
• Rest (no strenuous activity or sports)

There is no need to:
• Wake up every hour
• Test reflexes
• Stay in bed
• Drink alcohol
• Drive while symptomatic
• Exercise or lift weights
• Use computer or text message
• Watch TV for long periods of time
• Take ibuprofen, aspirin, naproxen or other nonsteroidal anti-inflammatory medications

Go to the hospital immediately if any of these signs are visible:
• Worsening Headache
• Very Drowsy
• Confused
• Can’t recognize people and places
• Vomiting
• Seizures
• Unsteady
• Slurred Speech
• Bleeding or clear fluid coming from ears/nose
• Unequal pupils