

Concussion

A concussion is caused by a direct blow to the head, face, or neck or by a force to the body that is transmitted up into the head. Concussions affect millions of athletes per year and it is thought that they are one of the most under reported types of injuries in youth. While many concussions may resolve spontaneously, it is still important to seek a medical screening to rule out any related impairments. Other concussions may take longer to resolve, involve lingering symptoms, and require rehabilitative treatment.

What sports have the highest rates of concussions?

Football, hockey, soccer, lacrosse, basketball, and cheerleading all have increased rates of concussions. High school football has the highest rate of all sports.

It is important to keep in mind that many concussions occur during practice, rather than during competition, and most do not involve loss of consciousness. It is also becoming increasingly common for child athletes to suffer from multiple concussions within a year, which can lead to a worsening of side effects.

How do I know if my child has a concussion?

Signs and symptoms to look for indicating concussion include:

- Confusion
- Tiredness and/or sleep disruptions
- Headache and/or light sensitivity
- Personality changes
- Unsteadiness during physical activities

Vestibular dysfunction can often accompany or follow a concussion. The more concussions one has had increases the likelihood of the vestibular system becoming effected. Signs and symptoms that indicate this system is impacted include:

- Prolonged reports of dizziness
- Reports of headaches, particularly after reading
- Unsteadiness or increased losses of balance

If your child currently participates in one of the above mentioned sports, or is planning on participating in the near future, a pre-concussion screen may be beneficial. This baseline data is extremely useful should they suffer from a concussion at any time in the future. Starfish Therapies offers pre and post-concussion screening for children of all ages as well as subsequent rehabilitation should the need be indicated.