

THE IMPORTANCE OF RECOVERY

A concussion is a serious injury and if not given enough time to recover, a person's symptoms may return or they may experience Second Impact Syndrome.

Second Impact Syndrome is when a person sustains a 2nd concussion before recovering from their first concussion. Second Impact Syndrome is 50% fatal and 100% chance of long term disability.

ADDRESS

805 N Richmond St.
Fleetwood, PA

CONTACT US

Integrated Medical Group
Physical Therapy
(610) 944-8140
imgpt.com
Chris Gordos DPT
Eric Parrish MPT
Andrea Miller DPT

SPORTS CONCUSSION

INJURY PREVENTION,
RECOVERY, AND
COMPLICATIONS



WHAT IS A CONCUSSION?

A concussion is a brain injury caused by a direct force to the head or an indirect force applied to the body in which force is transmitted through the head.

Concussions will typically occur from either motor vehicle accidents, falls, or sports. Football has been associated with a high incidence of concussions. However other sports that have been regarded safe in the past such as soccer, cheerleading, gymnastics, and basketball have also proven to have a high incidence of concussions.

RECOVERY

A timeline of recovery for an athlete is variable. Symptoms can last from a day to months. Prognosis depends on severity of concussion, age, and number of previous concussions. At IMG-PT the therapists will help the patient through the 6 step process for a return to sports.

The first step in recovery is rest, both cognitively and physically. Athletes should adhere to a strict sleep schedule, limit electronic screen time, and modify time in school or work. During this time athletes need to refrain from exercise and competition.

After initial symptoms subside many other deficits may remain but go unnoticed such as issues with balance, visual disturbances, and concentration. Additionally, those that sustain a concussion are at greater risk of sustaining a second concussion.

The physical therapists at IMG can help guide the athlete through the step by step progression of concussion recovery and reduce this risk of reinjury by improving an athlete's balance and visual disturbances. Additionally, strengthening the neck and posture muscles of an athlete has proven to be effective in minimizing the risk of another concussion.

SIGNS AND SYMPTOMS

A person who suffers from a concussion is not only affected physically but they are affected emotionally and cognitively as well.

Physically a person most often will complain of a headache or dizziness. Other symptoms include blurry vision, feeling nauseous, vomiting, fatigue and sensitivity to light or noise.

Emotionally a person may be irritable, depressed, or often experience sudden changes in mood.

Cognitively a person may have a loss of memory or consciousness, be confused or disoriented.

Symptoms are highly variable and an athlete's deficits are not always noticeable at onset of a concussion.

