

# Concussion



ARNOLD PALMER HOSPITAL  
For Children

Supported by Arnold Palmer Medical Center Foundation

## What Every Parent Should Know

Healthier Kids, Stronger Families.

### What is a concussion?

A concussion is a brain injury resulting from a blow, bump or jolt to the head or anywhere else on the body, potentially influencing the way the brain normally works. While not often life threatening, the effects can be very serious.

### What are symptoms of a concussion?

For parents, coaches and athletes, education is key. Being able to recognize the signs and symptoms of a concussion is most valuable in deciding what to do with an athlete who has sustained a suspicious injury. Most concussions occur without a loss of consciousness. If your child or teen reports one or more of the symptoms below, or if you notice symptoms yourself, seek medical attention right away and make an appointment with our concussion experts.

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling "foggy"
- Memory problems
- Balance problems/dizziness or 'seeing stars'
- Ringing in the ears
- Nausea or vomiting
- Loss of balance or unsteady walking
- Sensitivity to light or sound
- Irritability or crankiness
- Double or fuzzy vision
- Slurred speech
- Fatigue



Your child or adolescent should be seen immediately in an emergency department if you observe any of the following:

- One pupil is larger than the other
- Worsening drowsiness
- Worsening headaches or the worst headache ever
- New localized weakness or numbness
- Uncontrollable nausea and/or vomiting
- Deteriorating speech
- New onset of seizures
- Worsening difficulties recognizing people or places
- Increasing confusion, restlessness or agitation

This list may not be inclusive of all danger signs. If your child/adolescent experiences any symptoms that raise concerns, please seek help at your nearest emergency room.

For more information  
or to schedule an  
appointment, please call  
**321.843.4800** or visit us at:  
**[ArnoldPalmerHospital.com/  
KidsBones](http://ArnoldPalmerHospital.com/KidsBones)**.



OFFICIAL MEDICAL TEAM OF  
ORLANDO CITY YOUTH SOCCER

### Concussion Program Physicians

S. Elizabeth Davis, MD, Sports Medicine  
Greg Olavarria, MD, Neurosurgery  
Daryl C. Osbahr, MD, Sports Medicine  
Harrison Youmans, MD, Sports Medicine

**Learn more about concussions.** Read about the potential long-term effects of concussion and the importance of taking the time to recover. For more information about concussion and free resources, visit **CDC.Gov/Concussion.**

### If a head injury occurs, what should you do?

Seek medical attention right away. In the event of a head injury, our team should evaluate your child as soon as possible. We perform state of the art research-based diagnostics and offer world class treatments. Therefore, we can provide return-to-play recommendations based on each individual patient.

### Adequate Recovery Time

In Florida, the law requires a physician (MD or DO only) to evaluate and clear children before they are allowed to go back to a return-to-play protocol. Children with suspected concussion must NEVER return to sports or recreation activities on the same day they sustain a concussion. Read more at: [Laws.FLRules.org](http://Laws.FLRules.org).

### How can I help my child return to school safely after a concussion?

When your child is ready to return to school or play, we will talk with his or her teachers, school nurse, coach or counselor about the concussion and symptoms. It is important to offer support to your child during this time as he or she may be frustrated at not being able to participate in activities at the same level during the recovery process. Children and teens who return to school after a concussion may need to:

- Take rest breaks, as needed.
- Spend fewer hours at school.
- Be given more time to take tests or complete assignments.
- Receive help with school work.
- Reduce the amount of time spent reading, writing or using a computer.

