

# Balmy Beach Junior Rugby



## Concussion Fact Sheet

A concussion is defined as a disturbance in brain function caused by a direct or indirect force to the head. It results in a variety of non-specific signs and/or symptoms and most often does not involve a loss of consciousness.

The signs and symptoms of a concussions can present at any time but typically are evident following 24-48 hours.

80-90% of concussions in adults will resolve in a short (7-10 day) period, although the recovery time frame may be longer in children and adolescents.

### Signs and Symptoms of a Suspected Concussion

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| <ul style="list-style-type: none"><li>• Loss of consciousness</li><li>• Seizure or convulsion</li><li>• Balance problems</li><li>• Nausea or vomiting</li><li>• Drowsiness</li><li>• Personality and emotional changes</li><li>• Irritability</li><li>• Sadness</li><li>• Fatigue or low energy</li><li>• Nervous or anxious</li></ul> | <ul style="list-style-type: none"><li>• “Don’t feel right”</li><li>• Memory difficulties</li><li>• Headache</li><li>• Dizziness</li><li>• Confusion</li><li>• Feeling slowed down</li><li>• “Pressure in head”</li><li>• Blurred vision</li><li>• Sensitivity or light and/or noise</li><li>• Amnesia</li></ul> |
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If you have sustained an impact and are experiencing any of the above mentioned symptoms, speak with your BBC Trainer.

A player should **NOT** return to play unless a Graduated Return-to-Play Protocol has been followed!!

**Dr. Sophia da Silva, HBSoc.Kin, DC**  
Kew Gardens Health Group  
416-907-0103