



Concussion Rehab and Prevention Group in

Sports Medicine Concepts' Center for Sports Emergency Education

Concussion Facts and Fallacies

If I buy and wear a more expensive helmet, I am less likely to get a concussion.

False. There is no “concussion prevention helmet” in any sport. All helmet manufacturers claim that their helmets prevent concussions over their competitors, but there is no scientific evidence that demonstrates that any helmet is better than any other. To get the most protection from your helmet keep your head out of contact and choose a helmet that is most comfortable when properly fitted to you. Be sure to properly maintain your helmet and frequently check for proper fit.

If I wear a mouth guard when I play sports, I am less likely to get a concussion.

False. Although mouth guards are very effective in preventing dental injuries there is no scientific evidence that suggests that mouth guards have any concussion prevention properties. This is true for expensive custom made and over-the-counter boil and bite style mouth guards.

There are medications that will speed up my recovery from a concussion.

Maybe. There is some encouraging research that demonstrates that Omega-3 supplementation following a concussion may decrease the damage done to nerve cells in the brain and may help injured nerve cells recover. This research is not definitive, but it is encouraging enough that some will recommend Omega-3 supplementation in conjunction with a proper rehabilitation and recovery program. Dosages and potential drug interactions must be discussed with your health care provider before taking Omega-3.

A special diet will speed up my recovery from a concussion.

Maybe. There is some evidence that providing calories immediately after a concussion reduces some of the acute signs and symptoms of concussion. There is also some evidence that suggests a diet high in protein may mitigate the effects of a concussion and help with recovery. However, this evidence is far from conclusive. Other complications from a concussion, such as nausea and dizziness, may be more of a determining factor dictating your diet. Generally, it is recommended to eat a light balanced diet, avoiding fatty and or spicy foods.

I don't have a concussion if my CAT scan and/or MRI came back normal?

False. CAT scan and MRI are excellent tools to diagnose potential bleeding within the brain, but they are not useful in diagnosing concussions.

If I only have a little headache that goes away when I take Tylenol or other pain medicine, it is OK for me to return to play.

False. It is *never* safe for you to return to play when you are experiencing **ANY** signs and symptoms resulting from your concussion; even if they resolve with medication. Returning to play too early or when experiencing signs and symptoms significantly increases your risk of more severe debilitating head injury, including Second Impact Syndrome (SIS) and Post-Concussion Syndrome (PCS).

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I feel fine. Why can't I return to play as soon as I feel better?

Biochemical changes within your brain resulting from trauma take time to resolve. You may **FEEL** better long before your brain has fully recovered. Returning too soon significantly increases your risk of suffering more severe debilitating head injury, including Second Impact Syndrome (SIS) and Post-Concussion Syndrome (PCS).

Should I be attending school while I have signs and symptoms of concussion?

Yes. Your academic activities may be initially restricted for some time or you may be required to stay home for a time, but afterward it is fine to attend school. Your rehabilitation and recovery will involve your teachers to ensure that you progress both physically and academically.

Is it safe for me to watch TV, read books, and play video games?

In some instances these activities may be restricted for some concussion patients. However, these activities are often incorporated into the rehabilitation and recovery program. Your health care providers will be working together to determine when these activities are appropriate.

I have been out the customary 7-10 days and I feel fine. Why can't I return to play?

Bottom line. It takes time to recover from a concussion and nobody knows how much time. The 7-10 days often reported as the timeline for recovery is just a very vague average of how long it seems to take for signs and symptoms of concussion to resolve. However, it may take more time or it may take less time. Each individual is different. Your health care provider has more sensitive tools to more accurately track your recovery and safely progress you return to play. We understand that it can be frustrating, but stay the course for the quickest and safest return to play.

I have a question that was not addressed here.

Ask Any time! We would love the opportunity to address any specific question or concerns that you may have now or anytime in the future. Contact the Concussion Rehab and Prevention Group in Sports Medicine Concepts' Center for Sports Emergency Education at 585-346-0240 or via email at Info@SportsMedicineConcepts.com.

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