

Sports Medicine Monthly

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CONCUSSION LAW IN OKLAHOMA: Senate Bill 1700



In May of this year, Governor Brad Henry signed Senate Bill 1700 into law. This law, patterned after the state of Washington's Lystedt Law, is to-date the most inclusive, informative, and restrictive piece of legislation in the state when dealing with the severity and the dangers of Mild Traumatic Brain Injury, or mTBI (i.e. concussions) for schools, parents, coaches, and student athletes who compete in the OSSAA. Under the provisions of SB 1700, which became law July 1st:

"Each school district board of education shall work in cooperation with the OSSAA to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parents or guardians of the nature and risk of concussion and head injury, including continuing to play after concussion or head injury." Furthermore, "a concussion and head injury information sheet shall be completed...by the youth athlete and the athlete's parent or guardian prior to the youth athlete's participation."

"A youth athlete who is suspected of sustaining a concussion or head injury during a practice or game shall be removed from participation at that time."

Any student-athlete suspected of sustaining a concussion or head injury "may not participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives written clearance to return from that health care provider."



Concussion Testing at CSOS

In support of the Oklahoma Legislature, Governor Henry, and SB 1700, Central States Orthopedic Specialists is now offering the ImPACT Test to the active community we serve. ImPACT stands for Immediate Post-Concussion Assessment and Cognitive Testing and it is a computer based concussion battery testing program specifically designed for the management of sports-related concussion. After more than 10 years of university research, the ImPACT Test is the most widely used concussion management software in the world.



The ImPACT Test, second only to a clinical evaluation by a licensed health care provider trained in the evaluation and management of concussions, is the most widespread concussion evaluation tool used in athletics.

For professional, collegiate, and high school athletics, a thorough clinical evaluation, combined with the ImPACT Test, is the gold standard for concussion management.

As of today, any individual can now receive a thorough clinical evaluation and the ImPACT Test at the Central States Orthopedic Specialists office at 12800 South Memorial in Bixby. Whether you would like to receive a baseline assessment prior to beginning an athletic season, or obtain a post-concussive episode assessment to more accurately determine your return to play, timeline, Troy A. Glaser, D.O. and his staff in Bixby are ready to assist you.



For more information regarding Dr. Glaser and the ImPACT Test, please call 918.394.CSOS.



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Concussions: What to Look For?

Individuals who have sustained a concussion will usually present with one or more of the following signs and symptoms.

#1. Post-Concussion Signs and Symptoms

Headache, Fatigue, Nausea, Vomiting, Disorientation, Blurred Vision, Pupils no longer equal to each other, Sensitivity to noise, Sensitivity to light, Amnesia

#2. Deficits in Cognitive Functioning

Individuals who have sustained a concussion will almost always demonstrate difficulty with even the most mediocre cognitive challenges, and/or an increase in symptoms with such.



Common tests include:

General Orientation:

Month, Date, Year, Day of the Week, approximate time,

Remembering a list of 5 random words for a period of 5-10 minutes.

Repeating a series of numbers in reverse order

Ex: 3 7 1 Response: 1 7 3
4 9 2 6 Response: 6 2 9 4

#3. Deficits in Balance

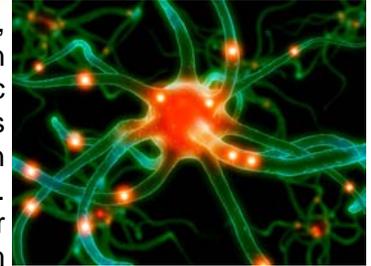
Individuals who have sustained a concussion will almost always demonstrate difficulty in balance in one or more of the following standing positions.

With the eyes closed, and the hands on the hips, have the individual stand for 30 seconds in each of the following positions:

- #1. Feet Together
- #2. Single Leg Balance on the Non-Dominant Leg
- #3. Tandem Stance with the Non-Dominant Leg in back

Concussions: What to do?

In dealing with concussions, remember that a concussion is a form of a Mild Traumatic Brain Injury (mTBI). As such, the nervous tissue in the brain is literally injured.



Much like the muscular tissue in the front of the thigh can be strained due to repetitive jumping or sprinting, the nervous tissue in the brain can be bruised, damaged, and/or swollen as a result of a concussion. And, much like a quadriceps strain provides for a gross loss of muscular strength and power, a concussion likewise provides for a gross loss of cognitive functioning (i.e. memory, balance, coordination, etc...). This is the reasoning behind the aforementioned signs and symptoms, and also the reasoning behind the necessity of SB 1700.

As a general rule, when any individual presents with one or more of the mentioned signs and symptoms, they should be immediately examined by a licensed health care provider trained in the evaluation and management of concussions.

In accordance with SB 1700,

"When in doubt, sit them out!"



A Note to the Reader.....

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