

Dear Parent, Guardian, or Family Friend,
_____ sustained a concussion today.

A **concussion** is a trauma-induced alteration in mental status that may or may not involve a loss of consciousness. A concussion may take 1-2 weeks or longer to recover from. Therefore, it is important, and it is state law, that the patient be seen by a health care provider who is trained and experienced in the evaluation, management, and care of concussions, receive Return to Learn accommodations when necessary, and complete a Stepwise Graduate Return to Play Progression over a period of several days prior to returning to athletics.

To Ensure Recovery:

1. **REMEMEMBER** to contact your Team Physician and/or Athletic Trainer. You need to have a follow-up appointment within the next 24-72 hrs.

2. **REALIZE** that:

It is OK to:

- Eat a well-balanced diet
- Go to sleep
- Rest: (*Best practice management for concussion recovery*)
 - a. Remove from cognitive requirements such as academics, homework, and sports related film study until asymptomatic
 - b. Remove from sports or any activity that increases blood pressure such as weight lifting, video games, etc..
 - c. Remove from unnecessary external stimuli (i.e. radio, intense light, etc...)
- Use ice pack on head and or neck for comfort

There is NO need to:

- Stay in bed unless directed
- Test reflexes

I Should NOT:

- Use any pain medications for the first 48-72 hours after a concussion **UNLESS**
 1. I have my parents/guardian's permission to use Acetaminophen (Tylenol), **AND**
 2. It is absolutely necessary for headache management and rest
- *NO NSAIDS:** Ibuprofen, Advil, Motrin, Aleve, etc...
- Drive: Until cleared by the Team Physician or Athletic Trainer
- Eat spicy foods

3. **REVIEW** the Common Signs and Symptoms of a Concussion:

- *Headache
- *Loss of balance
- *Nausea
- *Visual disturbance (i.e. blurred vision that corrects over a short period of time)
- *Confusion
- *Ringing in the ears
- *Difficulty concentrating
- *Dizziness
- *Memory loss (amnesia)
- *Vomiting (no more than 1-2 times)

4. **RECOGNIZE** the Warning Signs of a more serious head injury and **Contact your local emergency medical service if any of the following occur:**

*Any **INCREASE** or **WORSENING** of the individual's existing signs or symptoms, or Any **NEW** Symptom or complaint indicative of a more serious head injury such as:

- *Any Loss of Consciousness
- *Unequal pupil size or unusual eye movements
- *Confusion or amnesia that gets worse
- *Numbness, paralysis, and/or difficulty walking, speaking, or using their arms
- *Vomiting (More than 1-2 times in frequency, tremendously forceful, or projectile)
- *Unusual sleepiness and/or inability to wake up
- *Severe or worsening headache
- *Blurred or Double vision
- *Convulsions or Seizures
- *Persistent irrational or aggressive behavior



For Concussion Examination and Clearance:

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