



MARQUETTE SPORTS MEDICINE

Concussion Fact Sheet- Student-Athletes

Head injuries (concussions and traumatic brain injuries) account for a significant percentage of injuries sustained during participation in collegiate athletics. A concussion can occur from any blow to the head, face or neck and results in a variety of symptoms listed below. Getting “knocked out” or being unconscious does not always occur with a concussion. Certain sports have been identified by the NCAA injury surveillance studies as having a relatively higher risk of head injury occurrence than other sports. Marquette University sponsors some of these higher risk sports at the club level (football, lacrosse, soccer, ultimate Frisbee, ice hockey, rugby, tae kwon do, basketball, and waterskiing). It is important to understand that traumatic head injury can occur in any sport, during all types of activity (games, practices, conditioning, etc.), and with relatively minor trauma. Head injuries are often difficult to detect. The assessment, management, and return-to-play decision associated with these injuries are among the most difficult responsibilities facing Marquette University’s sports medicine staff. An additional challenge is that student-athletes suffering from an acute head injury often underreport their injury, minimize the injury symptoms, or do not recognize that an injury has even occurred.

Signs & Symptoms of Concussion

- Amnesia (can’t recall events before or after hit)
- Confusion
- Headache
- Balance problems or dizziness
- Vision problems (double/blurry)
- Sensitivity to light or noise
- Nausea
- Do not “feel right”
- Feel sluggish, hazy, or foggy

What Should I do if I think I have a concussion?

REPORT IT! Do not ignore a blow to the head, face or neck. If you have any of the above symptoms tell your coach immediately. Do not wait a few minutes for the symptoms to go away. Tell your coach if you think a teammate may be suffering from a concussion, as well. You will need to be evaluated by a physician and have documentation from him/her before you will be allowed to return to play. A concussion can affect your class performance, your ability to do every day activities, your reaction time, your sleep, your mood and your balance.

What do I do if I am diagnosed with a concussion?

Allow yourself time to heal. Your brain, like any other injury, needs time to heal. While your brain is still healing, you are much more likely to sustain another concussion. In rare cases, repeat concussions can cause permanent brain damage or even death. Your athletic trainer and physician will tell you what to do and will determine when you are cleared to play.