



Concussion Chronicles

May 2017

In April 2017, USA Hockey implemented a concussion awareness component to its annual member registration.

During online registration, each member will now read and accept the acknowledgement prior to completing the registration process.

In February 2017, the Pacific District implemented district-wide concussion protocols.

This mandatory protocol is a key component of the Pacific District’s commitment to educating their membership - players, coaches, parents, managers, volunteers and leadership – about the importance of being able to recognize the symptoms of a concussion. The protocol includes an acknowledgement for coaches and parents/guardians as well as Return to Participation guidelines.

Player Safety Comes First!

We are all responsible for player safety. Recognizing a concussion is the first step to ensuring a complete recovery, and safe return to the ice.

Concussion Attitudes and Behaviors

Too Many Young Athletes Do Not Report Concussion Symptoms

Reporting a possible concussion is the most important action young athletes can take to bring their injury to light. Reporting symptoms will facilitate an athlete being properly assessed, monitored, and treated and taking needed time to heal. Yet, research shows that too many young athletes do not take this critical first step.^{1,2}

In one study, researchers interviewed a group of almost 800 high school athletes during the course of a season and found that:

- Sixty-nine percent of athletes with a possible concussion played with concussion symptoms.
- Forty percent of those athletes said that their coaches were not aware that they had a possible concussion.²

In a different study, 50 female and male high school athletes were asked what they would do if they thought they had a concussion:

- They most commonly answered, “I would keep playing and see how I felt” or “I would take a little break and return to play.”
- None said that they would stop playing entirely if they experienced concussion symptoms.¹

After a Concussion, Young Athletes Are Returning to Play Too Soon

Young athletes should never return to play the same day of the injury. In addition, they should not return to play until an appropriate health care provider says it is okay. However, many young athletes are returning to play too soon following a concussion.^{6,7}

In a study of 150 young patients seen in an emergency department for concussion, many did not take time to heal fully before returning to their usual activities:

- Thirty-nine percent reported returning to play on the same day of their concussion.⁶
- More than half (58 percent) returned to play without medical clearance.⁶

Get Educated!

The CDC offers free, comprehensive online concussion education courses! Try one at: <https://www.cdc.gov/headsup/resources/training.html>

Did you know?



Concussion is NOT a brain bruise....
This month’s featured article includes a video simulation of what actually occurs to the brain on impact:



What Happened Within This Player’s Skull

By SAM BORDEN, MIKA GRONDAL and JOE WARD JAN. 9, 2017

