

### **What is a Concussion?**

A concussion, also referred to as a mild traumatic brain injury, is a disturbance in brain function caused by an external force. Prompt diagnosis and management by a physician who is experienced in concussion care is crucial.

### **Common Symptoms**

- Headache
- Dizziness
- Confusion
- Disorientation
- Nausea
- Memory Loss
- Difficulty Concentrating
- Mood or Behavior Changes
- Vision Changes
- Light or Sound Sensitivity
- Fatigue or Sleep Disturbances

If you experience any of these symptoms, immediately report them to an athletic trainer, coach or parent. It is important for patients to seek appropriate care and recover completely before returning to sport activities.

### **Warning Signs**

Call 911 or Visit the Emergency Room:

- Loss of Consciousness
- Seizures
- Slurred Speech
- Repeated Vomiting
- Weakness or Numbness

### **Questions**

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.