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The Certified Athletic Trainers (ATCs) at Loudoun Sports Therapy Center have developed a state of the art Concussion Management Program to ensure that those who suffer a concussion are able to safely return to their sport or activity.

At LSTC, we aim to provide each patient individualized care based upon their personal symptoms following a concussion and ensure they receive the proper care and treatment so they can return to their sport or activity safely while decreasing the risk for further injury or complications.

## WHAT IS A CONCUSSION?

A concussion is a traumatic brain injury that alters the way your brain functions. Concussions can be caused by a violent blow to the head or when the head and upper body are violently shaken.

## POSSIBLE SIGNS AND SYMPTOMS

- Loss of consciousness
- Headache
- Fatigue and lethargy
- Dizziness
- Confusion and slowed thinking
- Difficulty walking or poor balance
- Nausea or vomiting
- Blurred vision / difficulty reading
- Sensitivity to light or noise
- Irrational or irregular behavior



## Q and A:

### Why is it important for my child to see a medical professional following a concussion?

Brain injuries can lead to negative long term effects, especially when the brain is still growing. It is important for your child to be seen by a medical professional for proper treatment and care to limit further issues.

### What can happen if my child returns to activity too soon?

1. They can develop lingering symptoms that last several weeks or months following the original injury because full healing did not occur.
2. A worse case scenario is that 'second impact syndrome' can occur. This happens when an athlete receives a fatal second hit or injury following a concussion that did not have the chance to fully heal.

### How long will it take for my concussion to heal?

It is important to understand that:

1. Everyone heals differently.
2. All concussion injuries are different so length of recovery will depend on the damage that has occurred to the brain.

Therefore, please note that recovery time can span anywhere from a few days to months and sometimes even longer. This is why it's so important to allow the experts to determine when the patient is fully recovered.

## OUR PROGRAM

At LSTC, our ATCs have extensive experience working with youth, middle school, high school, and collegiate athletes. They have also participated in multiple research studies at both the Division I and III college levels.

Our program at LSTC is focused on treating and managing concussions in both the athletic and general population. Our program includes 5 components that are based on important concussion guidelines from current state policies.

1. **Education for parents, coaches, and athletes**
2. **Individualized rehab protocols**
3. **Specialized testing**
4. **Individualized return-to-activity protocols and clearance**
5. **Specialized reporting tools to keep parents, physicians, and coaches in the loop**