

# Common Signs and Symptoms of a Concussion

**An individual with a concussion requires expert and comprehensive evaluation and treatment.**

The CNNH Brain Injury and Concussion Center provides comprehensive brain injury and concussion diagnostic and treatment services to children, adolescents and young adults. A team of multidisciplinary experts in neurological, neurodevelopmental and neuropsychological disorders uses the latest diagnostic tools and technologies to provide definitive diagnoses and effective treatment plans that focus on improved outcomes. We serve individuals immediately after brain injury and those who are years post-injury. Additionally, we offer baseline assessment analysis for athletes at risk of sustaining a concussion. Our team of experts will identify immediate needs and problem areas, and provide ongoing rehabilitation, education and case management services and support to patients and their families. And, we work with teachers, coaches and others to build supports for continued success.

Signs observed	Signs reported by athlete
<ul style="list-style-type: none"> <li>▪ Appears to be dazed or stunned</li> <li>▪ Is confused about assignment</li> <li>▪ Forgets plays</li> <li>▪ Is unsure of game, score, or opponent</li> <li>▪ Moves clumsily</li> <li>▪ Answers questions slowly</li> <li>▪ Loses consciousness (even temporarily)</li> <li>▪ Shows behavior or personality change</li> <li>▪ Forgets events prior to hit (retrograde amnesia)</li> <li>▪ Forgets events after hit (anterograde amnesia)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Headache</li> <li>▪ Nausea</li> <li>▪ Balance problems or dizziness</li> <li>▪ Double or fuzzy vision</li> <li>▪ Sensitivity to light or noise</li> <li>▪ Feeling sluggish</li> <li>▪ Feeling "foggy"</li> <li>▪ Change in sleep pattern</li> <li>▪ Concentration or memory problems</li> </ul>

A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head. In the United States, the annual incidence of sports-related concussion is estimated at 300,000. Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season.

The list of concussion symptoms and statistics were compiled from the ImPact website (<http://impacttest.com/concussion/overview>), as adapted by the National Center for Injury Prevention and Control, Division of Injury Response Heads Up! Concussion Information for Physicians Centers for Disease Control and Prevention.

**EARLY DIAGNOSIS AND TREATMENT OF CONCUSSIONS  
TRANSLATES INTO IMPROVED OUTCOMES.**