

We know athletes want to get back in the game as quickly as they can after an injury, and it is our job to make sure they do so safely.



We are OhioHealth Sports Medicine

- + Team of more than 30 physicians fellowship-trained in sports medicine specializing in primary care, non-surgical and surgical orthopedics
- + Committed to same-day appointments at more than 15 physician practices and 20 rehabilitation and outpatient imaging centers
- + Hands-on experience as the official healthcare provider for both the Columbus Blue Jackets and the Columbus Crew
- + Trusted as the team physicians and athletic trainers for more than 30 high schools and five colleges in central Ohio
- + Advanced clinical training in musculoskeletal and orthopedic injuries for elite and aspiring athletes — as well as adults of every activity level
- + Dedicated to sports medicine research and patient education that lead to faster recovery, improved performance and injury prevention
- + The most comprehensive concussion management team in central Ohio



A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM
8 HOSPITALS + MORE THAN 20 HEALTH AND SURGERY CENTERS
WELLNESS + PRIMARY AND SPECIALTY CARE + URGENT CARE + HOSPICE
HOME CARE + 21,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS

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OhioHealth Sports Medicine

WE DON'T TAKE HARD HITS LIGHTLY.

Parent Guide to Concussion Management



What is a concussion?

Concussions are a type of traumatic brain injury (TBI) that can be caused by a direct hit to the head or by a hit to the body causing the head and neck to whiplash.



- + Most concussions occur *without* loss of consciousness.
- + Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- + Young children and teens are more likely to get a concussion and take longer to recover than adults.
- + Athletes with a personal or family history of migraines also take longer to recover.

*Recent evidence suggests that: Brain rest helps promote the healing of concussions. And, it is critically important that **ALL** symptoms and cognitive deficits be completely resolved prior to returning to activity.*



Concussions can impact your child's future ... on and off the field.

OhioHealth Concussion Management Team Experts

Our team is certified in concussion management and uses the most current scientific research to assess concussions. OhioHealth Sports Medicine has the most comprehensive team of experts for sports concussion management in central Ohio.

If your athlete has had a prior head injury, ask about the **ImPACT**® test to establish a pre-season baseline.

Our concussion experts consists of:

- + Physicians
- + Physical Therapists
- + Neurologists
- + Vestibular Therapists
- + Athletic Trainers

Signs of a Concussion

- + Dazed/confused or stunned
- + Memory loss
- + Slow to respond
- + Unusually tired
- + Unusually sad or irritable
- + Nausea

Symptoms of a Concussion

- + Headache
- + Nauseous and vomiting
- + Dizziness or balance problems
- + Double or blurry vision
- + Sensitivity to light and/or noise
- + Feeling sluggish or groggy
- + Extreme fatigue
- + Academic decline

FOR MORE INFORMATION

If you have concussion signs or symptoms,

call us today at (614) 566.GAME (4263) or visit OhioHealth.com/SportsMedicine
Same-day appointments available

Neuropsychological Testing

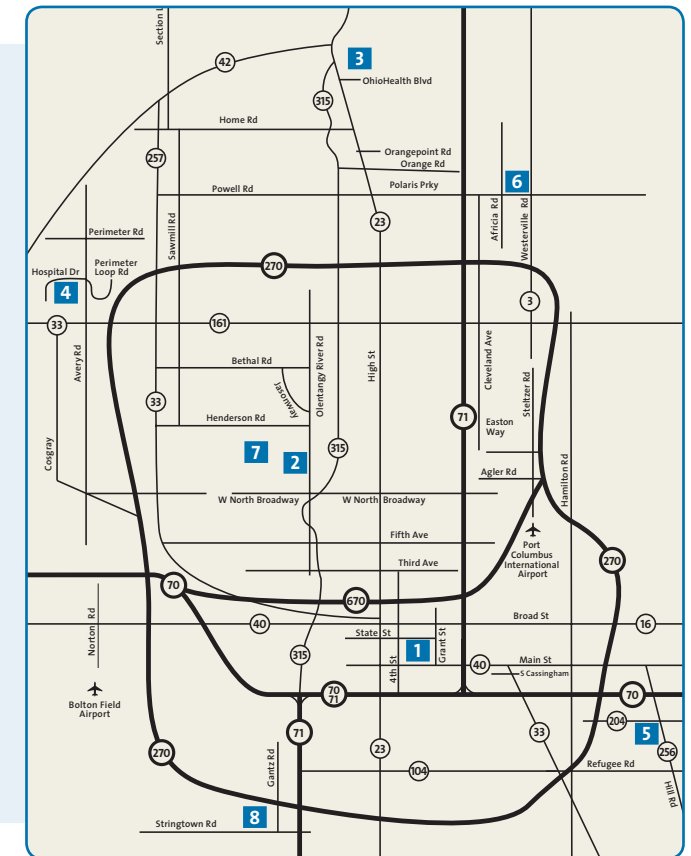
Concussions can be very difficult to diagnose because of the variety of symptoms experienced by the athlete after a sports collision or blow to the head. Essential to the diagnosis is an evaluation by a physician knowledgeable about concussions.

Oftentimes, a physician or athletic trainer may recommend neuropsychological testing. These tests are computerized assessments of memory, learning, processing speeds, multitasking, attention and concentration and can guide the health practitioner in their decision to return the athlete to play. These tests are especially helpful when compared to pre-season baseline testing by trained experts. The OhioHealth Sports Medicine concussion management team is experienced with interpreting these tests and identifying athletes who are ready to return to athletic competition.



Visit one of our experts at any of these locations

- 1. Columbus Neurology and Neurosurgery**
285 East State Street
Suite 430
Columbus, Ohio 43215
(614) 566.9777
- 2. MAX Sports Medicine – Columbus**
3705 Olentangy River Road
Suite 260
Columbus, Ohio 43214
(614) 586.1220
- 3. MAX Sports Medicine – Delaware**
801 OhioHealth Boulevard
Suite 140
Delaware, Ohio 43015
(614) 828.4241
- 4. OhioHealth Sports Medicine Center and MAX Sports Medicine – Dublin**
6955 Hospital Drive
Dublin, OH 43016
(614) 566.1420
- 5. MAX Sports Medicine – Pickerington**
1797 Hill Road North
Suite 100
Pickerington, Ohio 43147
(614) 828.4241
- 6. MAX Sports Medicine – Westerville**
(614) 588.0020
- 7. Spine, Sport & Joint Center – Columbus**
3773 Olentangy River Road
Columbus, Ohio 43214
(614) 566.3810
- 8. Spine, Sport & Joint Center – Grove City**
2030 Stringtown Road
Columbus, Ohio 43213
(614) 566.3810



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