



Greetings from the LifeMotion team!

As peak activity in the Spring soccer season is quickly approaching, we at LifeMotion Balance Center are here to equip you with the information necessary to help you identify signs and symptoms of concussion in your athletes.

Early recognition and prompt action are crucial factors in promoting both the safety and speedy recovery of a concussed athlete. Below is a list of common symptoms associated with concussion:

- Headache (or pressure in the head)
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling groggy or foggy headed
- Confusion
- Does not feel right
- Memory or concentration problems
- Depression or down mood

If you suspect that one of your athletes may have a concussion, immediate removal from all athletic competition is highly recommended. This is a vital step in preventing exacerbation of the existing injury, and avoiding a potentially life-threatening second impact injury. Below are additional steps recommended during recovery, and are particularly important during the first 48 hours following injury:

- Rest
- Avoid all screen time
- Avoid exertional physical activity
- Avoid stressful activities
- Proper hydration and nutrition
- See a physician to help guide return to play, or school
- Allow the athlete to sleep if he or she wishes

New research shows the number one predictive factor of returning to sports safely and effectively is seeing a qualified healthcare provider to guide the return to play/return to learn process. Please use this information to help maintain the health and wellness of your athletes this season. If a concussion is suspected, don't hesitate to call the experts at LifeMotion Balance Center for an assessment.