

Heads Up! Concussion injuries are on the rise!

Reedsburg Area Medical Center's Rehabilitation Services is here to help!

Concussions are currently a hot topic on the news, especially in relation to football. However, the rates in other sports, especially soccer and hockey, are nearly as high. Concussions don't only occur in sports; anyone can get a concussion! They also happen in car accidents, on playgrounds, and work.

A concussion is a brain injury that is caused by an indirect or direct force to the head such as a hit or whiplash injury that causes the brain to shake inside the skull. Many people refer to a concussion as "getting your bell rung", however, this term is no longer used as an accurate description of a concussion.

There are many symptoms of a concussion, including cognitive, emotional, and physical symptoms. Therefore, each concussion can present differently. Some symptoms include having difficulty concentrating or remembering things, feeling "slowed down", irritability, sadness, nervousness, headaches, nausea, dizziness, fatigue, blurry vision, sensitivity to light or noise, and/or changes in sleep patterns. Very few concussions lead to a loss of consciousness.

If you have any of these symptoms, it is important to be evaluated by an appropriate healthcare provider, such as a physician or licensed athletic trainer. After a concussion, a person will have concussion symptoms for 7-10 days on average; however, each person is affected differently. It is important to be symptom free before returning to any sport or high risk situations because a second impact to the brain while the brain is healing can be detrimental, and sometimes fatal. A healthcare professional can help decide the proper timeline to return to sports and work activities.

There are many tools healthcare providers use to help return a patient with a concussion to sport and work. One of these tools, called the ImPACT test, is used in the return to play/work process as it establishes how your brain normally functions. Therefore, in the event of a head injury, the information we gather from this individualized test can be used to help manage the extent of the injury. There is an adult (ages 12+) and child (ages 5-12) version of the test. They are user-friendly and use a computer or iPad tablet.

Sign up and get tested today! Cost is only \$10 for child (5-12 years old) and \$15 for the adult version (12+).

Contact Reedsburg Area Medical Center's Rehab Services at 608-768-6120 to schedule a time for a baseline IMPACT test or for more information.