

# Concussion

A parent's guide for keeping kids in the game.

A concussion is a **brain injury** usually caused by a sudden jolt or a blow to the head or neck that disrupts normal brain function. An athlete does not need to be knocked out or have memory loss to have suffered a concussion. In fact, most athletes who suffer a sports-related concussion **DO NOT** lose consciousness.

## An athlete with a concussion may:

- Appear dazed, stunned, or be confused
- Move clumsily or exhibit unsteadiness
- Answer questions slowly
- Forget plays
- Have behavior or personality changes
- Be unsure of game, score, or opponent
- Not recall events either before or after hit
- Lose consciousness
- Have a headache or nausea
- Experience double or fuzzy vision
- Experience sensitivity to light or noise

Someone with signs of a concussion should be removed from play immediately and not allowed to return until evaluated by a doctor. Returning to play before completely recovered puts the athlete at risk for a more serious injury, long-term damage, and even death. Do not leave an athlete alone after a concussion.

## Seek **immediate medical help** if a child has:

- A headache that gets worse, lasts for a long time, or is severe
- Confusion, extreme sleepiness, or trouble waking up
- Vomiting (more than once)
- Seizures (arms and legs jerk uncontrollably)
- Trouble walking or talking
- Weak or numb arms or legs
- Any sudden change in thinking or behavior

# SportsCare at SSM Health Cardinal Glennon

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis, St. Charles, and Illinois, providing young athletes exclusive, direct access to comprehensive medical care.

We guarantee your child will get the top care that is best suited to treat their injury, improving recovery time and outcome. Many of our services are offered in multiple locations so your child can even be treated close to home.

## Specialists your child has access to through SportsCare include:

- Cardiologists
- Emergency medicine physicians
- Neurologists
- Nutritionists
- Orthopedists
- Pediatric psychologists
- Physical therapists
- Pulmonologists
- Radiologists
- Rehabilitation specialists

We also keep kids in the game through educational programs and support for parents, coaches, and athletes that focus on injury prevention, proper technique, and overall athletic health.

For more information or to find a specialist for your athlete, call **314-577-5640** or visit **[cardinalglennon.com/sportscare](https://cardinalglennon.com/sportscare)**



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SSM Health Cardinal Glennon pediatricians are in an **ER close to home, 24 hours a day** at:

[Anderson Hospital - Maryville, IL](#)

[HSHS St. Elizabeth's Hospital - O'Fallon, IL](#)

[SSM Health DePaul Hospital - St. Louis](#)

[SSM Health St. Clare Hospital - Fenton](#)

[SSM Health St. Joseph Hospital - Lake Saint Louis](#)

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