

HOUSTON METHODIST CONCUSSION CENTER

Know the Signs and Symptoms

What is a concussion?

A concussion is a mild brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can lead to a concussion and should be considered serious.

What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can appear immediately after the injury or may evolve over the next day. If your student/athlete reports one or more symptoms listed below, or if you notice the signs and symptoms yourself, keep your student/athlete out of practice and play and seek medical attention immediately.

Observable Signs

- Appears dazed or stunned
- Confused about assignment or position
- Forgets an instruction
- Unsure of game, score, opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (evenly briefly)
- Shows mood, behavior and personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Loses balance or is unsteady when walking

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise (too bright or too noisy)
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

Danger Signs

Be alert for symptoms that worsen over time. The student/athlete should be seen in the emergency department right away if she/he has:

- | | |
|---|---|
| <input type="checkbox"/> One pupil (the black part in the middle of the eye) is larger than the other | <input type="checkbox"/> Convulsions or seizures |
| <input type="checkbox"/> Drowsiness or cannot be awakened | <input type="checkbox"/> Difficulty recognizing people or places |
| <input type="checkbox"/> A headache that gets worse and does not go away | <input type="checkbox"/> Increasing confusion, restlessness, or agitation |
| <input type="checkbox"/> Weakness, numbness, or decreased coordination | <input type="checkbox"/> Unusual behavior |
| <input type="checkbox"/> Repeated vomiting or nausea | <input type="checkbox"/> Loss of consciousness (even a brief loss of consciousness should be taken seriously) |
| <input type="checkbox"/> Slurred speech | <input type="checkbox"/> Moderate or severe neck pain |

The center's experts serve as team concussion consultants for professional athletes including the Houston Astros, Houston Texans, Houston Dynamo, as well as numerous collegiate, high school and youth teams.

For referrals or appointments, please call **713.441.8277** or visit houstonmethodist.org/concussion.



OFFICIAL HEALTH CARE PROVIDER



HOUSTON METHODIST CONCUSSION CENTER

713.441.8277

houstonmethodist.org/concussion



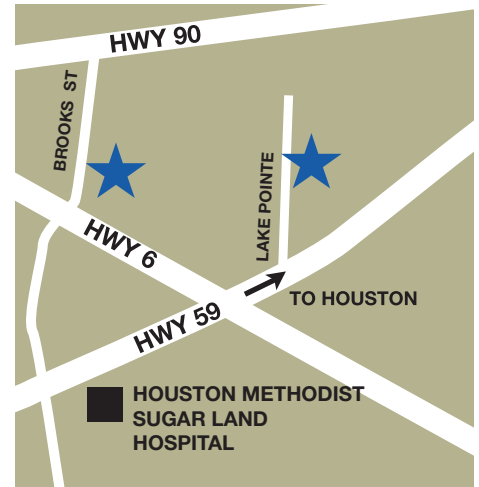
BAYTOWN

Bank of America Building
4000 Garth Road, Suite 200
Baytown, TX 77521



HOUSTON SPORTS PARK

12131 Kirby Drive, Suite 200
Houston, TX 77061



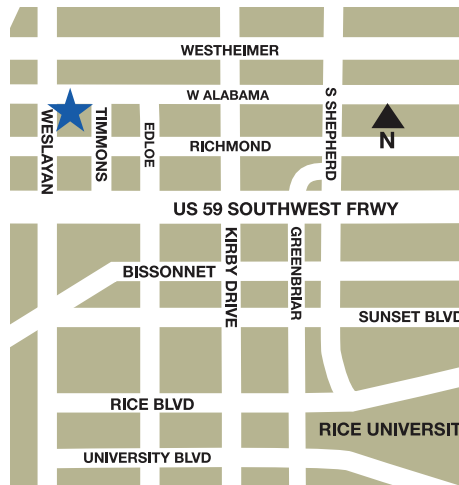
SUGAR LAND

1201 Brooks Street, Suite 100 and
1327 Lake Pointe Parkway, Suite 425
Sugar Land, TX 77478



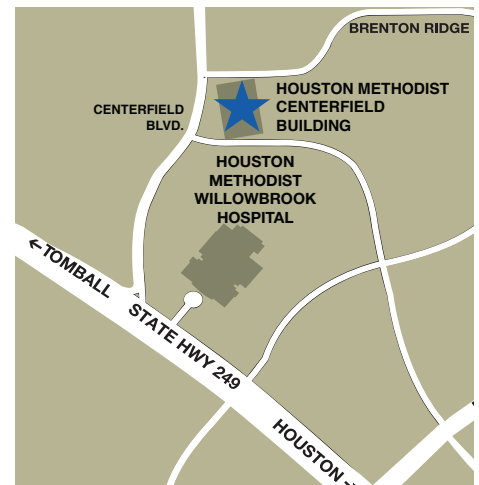
TEXAS MEDICAL CENTER SCURLOCK TOWER

6560 Fannin Street
Suites 1840 and 802
Houston, TX 77030



TIMMONS/GREENWAY PLAZA

3100 Timmons, Suite 120
Houston, TX 77027



WILLOWBROOK

13802 Centerfield, Suite 300
Houston, TX 77070