

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 athlete reports one or more symptoms listed below, or if you notice the signs and symptoms yourself, keep your 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 or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior and personality changes
- Can't recall events prior to or after a 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 or athlete should be seen in the emergency department right away if he or she has

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

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

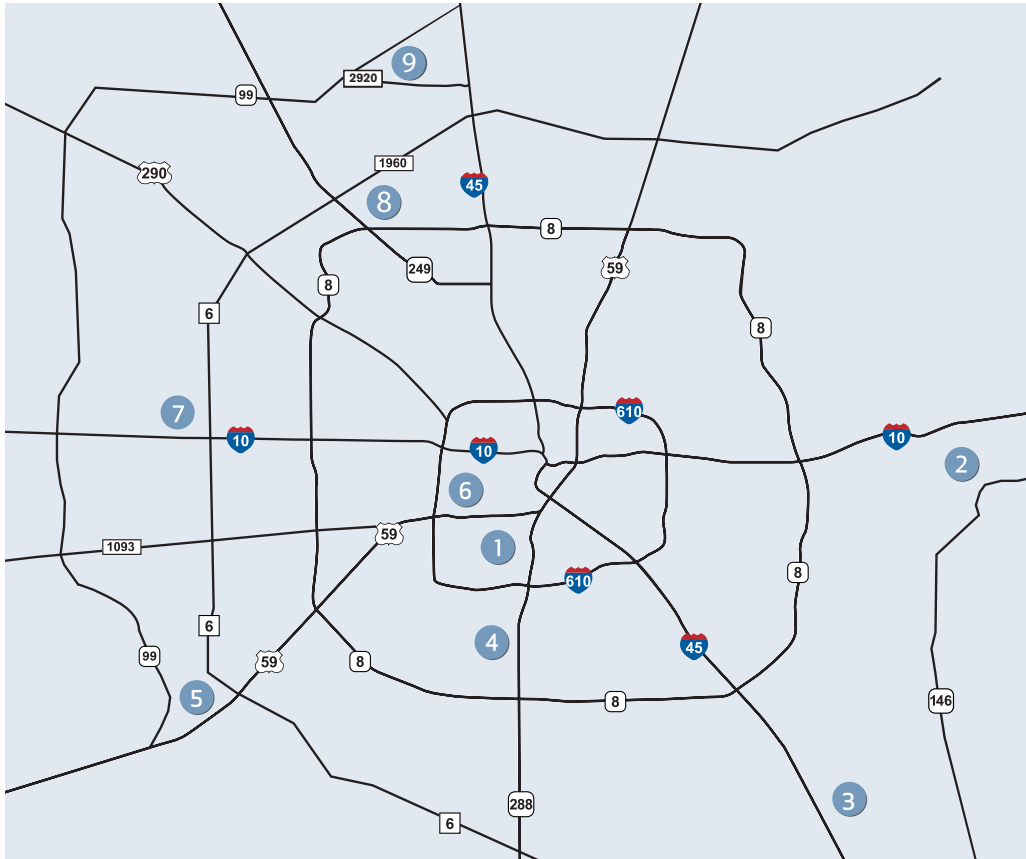
For referrals or appointments, please visit houstonmethodist.org/concussion or call **713.441.8277**.



OFFICIAL HEALTH CARE PROVIDER



HOUSTON METHODIST CONCUSSION CENTER



- 1 TEXAS MEDICAL CENTER**
Houston Methodist Concussion Center
Scurlock Tower
6560 Fannin St., Suites 802 and 1840
Smith Tower
6550 Fannin St., Suite 2600
Houston TX 77030
713.441.8277
- 2 BAYTOWN**
Houston Methodist Concussion Center
4000 Garth Road, Suite 200
Baytown, TX 77521
713.441.8850
- 3 ST. JOHN**
Houston Methodist Concussion Center
2020 NASA Pkwy., Suite 180
Nassau Bay, TX 77058
281.523.3355
- 4 HOUSTON SPORTS PARK**
Houston Methodist Concussion Center
12131 Kirby Drive, Suite 200
Houston, TX 77045
713.441.8850
- 5 SUGAR LAND**
Houston Methodist Concussion Center
16811 Southwest Frwy., Suite 200
Sugar Land, TX 77479
281.690.4678

- 6 TIMMONS (GREENWAY PLAZA)**
Houston Methodist Concussion Center
3100 Timmons Ln., Suite 120
Houston, TX 77027
713.441.8850
- 7 WEST**
Houston Methodist Concussion Center
Medical Office Building One
18400 Katy Frwy., Suite 200
Houston, TX 77094
832.522.2663
- 8 WILLOWBROOK**
Houston Methodist Concussion Center
13802 Centerfield Drive, Suite 300
Houston, TX 77070
281.737.0902
- 9 FRENCH QUARTER (SPRING)**
Houston Methodist Concussion Center
7105 FM 2920
Spring, TX 77379
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