

post-concussion syndrome (PCS)

Most children and teens who get a concussion will fully recover within two to six weeks. However, between 10 and 20 percent of children and teens will have symptoms that last weeks, months or even years. Patients who have prolonged symptoms are diagnosed with post-concussion syndrome.

There are many things that can add to developing post-concussion syndrome, such as:

- Prior concussions
- More severe symptoms at first
- Older age with loss of consciousness
- Dizziness
- Migraine-like headaches
- Loss of memory before the concussion
- Family history of migraine
- Learning disabilities
- History of anxiety or depression

Many common symptoms that last a long time are:

- Headaches
- Dizziness
- Not being able to sleep well
- Concentration and memory issues
- Moodiness
- Anxiety/depression

Anxiety and depression can get worse in teens who are falling farther behind in school, are unable to participate in their sports and don't want to be around friends and family due to their concussion. Depression is three times more likely to occur in teens who have suffered a concussion.

what is neurocognitive testing?

Dayton Children's uses ImpACT neurocognitive testing to help measure the cognitive (learning or thinking) function of athletes. It's a computerized test that measures memory, attention span, visual and verbal problem solving. ImpACT has two primary uses: before the sports season starts, a baseline test is done to measure the athlete's results under normal circumstances. In the event of an injury, a post-injury test is given and compared to the baseline and/or normative data scores.

why should athletes get baseline testing?

Comparing the pre- and post-concussion test scores is very helpful to determine when an athlete is ready to return to normal activities. While we can test after an injury, we can only compare baseline test results in athletes of similar age and gender. Each child is unique. Having a baseline for your child is much more helpful in managing a concussion, if one occurs.

how can my child get baseline testing?

Call 937-641-3883 for more information.



concussion management program



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concussion management program

Dayton Children's concussion management team provides the very best pediatric concussion management in the Dayton Area. Our team is made up of highly experienced pediatric sports medicine physicians, physical therapists, rehabilitation specialists, neurologists, physiatrists, neuropsychologists and neurosurgeons.

Concussions are serious, especially when they happen to a developing brain. Our team works with your child's doctor to create a treatment plan for your child. So, talk with your child's pediatrician/primary care doctor about your child's need for this program.

There is no way to completely guard against head injuries, but access to our concussion management team can be the best way to minimize the effects related to a concussion.

what to do if your child has a concussion

- Ohio law requires that athletes be taken out of sports if coaches note an athlete is showing signs, symptoms or behaviors related to having a concussion or head injury.
- If you feel your child has a concussion, or they are removed from play by their coach, they need to be evaluated and cleared by a health professional before they can return to play.
- After your child has suffered a concussion, the most important thing to remember is rest. The brain needs to heal and it may take time. If doing something makes your child's head hurt or symptoms worse, or causes new symptoms to appear, take a break from that activity until the symptoms are gone.

- Make sure that teachers and coaches know about your child's injury and know what symptoms to look for. Your doctor should work out a plan with you for when your child can return to school and then return to play. Your child should not return to play until completely recovered from the concussion and your doctor has given you the okay.

Remember, there is nothing you can do to make the brain recover faster, but there are things you can do to make recovery take longer.

Ohio return to play law

In April 2013, Ohio passed a law regulating when athletes can return to play after suffering a concussion, or even possibly suffering a concussion.

Here are some highlights:

- Parents and athletes are required to sign and submit a concussion information sheet for each school year in each sport.
- Coaches and referees must remove an athlete from play if the athlete is showing signs and symptoms of a concussion during a practice or game.
- The student athlete is not allowed to return to play on the same day that the student is removed.
- The student athlete is not allowed to return to play until they have been checked and receive written clearance by a physician or by any other licensed health care provider approved by the school district.

For more information on Ohio's Return to Play law, you can visit this website: <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury/youthconcussions/>

