Concussion

The dramatic story of one man’s recovery offers new hope to those suffering from concussions and other brain traumas In 1999, Clark Elliott suffered a concussion when his car was rear-ended. Overnight his life changed from that of a rising professor with a research career in artificial intelligence to a humbled man struggling to get through a single day. At times he couldn’t walk across a room, or even name his five children. Doctors told him he would never fully recover. After eight years, the cognitive demands of his job, and of being a single parent, finally became more than he could manage. As a result of one final effort to recover, he crossed paths with two brilliant Chicago-area research-clinicians—one an optometrist emphasizing neurodevelopmental techniques, the other a cognitive psychologist—working on the leading edge of brain plasticity. Within weeks the ghost of who he had been started to re-emerge. Remarkably, Elliott kept detailed notes throughout his experience, from the moment of impact to the final stages of his recovery, astounding documentation that is the basis of this fascinating book. The Ghost in My Brain gives hope to the millions who suffer from head injuries each year, and provides a unique and informative window into the world’s most complex computational device: the human brain.

Draws on interviews, e-mails, and previously undisclosed documents to reveal how the NFL has endeavored to cover up evidence of the connection between football and brain damage for the past two decades.

What happens when someone on your team has a suspected concussion? As a person responsible for a group of athletes, students, or employees, you need to have a concussion protocol in place. When a concussion happens in your organization, make sure you and everyone involved knows exactly what they need to do. This brief guide will help you identify the key team members, get tools, and develop policies you need to confidently handle concussions when they happen. You'll learn how to check for concussion and signs of a concussion, how to facilitate concussion treatment, and return to play protocols for athletes.

This issue of Neuroimaging Clinics of North America focuses on Imaging of Brain Concussion, and is edited by Drs. Roy Riascos and Eliana E. Bonfante-Mejia. Articles will include: Traumatic Brain Injury: definition, neurosurgery, trauma-orthopedics, neuroimaging, and psychology-psychiatry; Multimodality advanced imaging for brain concussions; Perfusion weighted images in brain concussion; PET and SPECT in brain concussion; Imaging of chronic concussion; Imaging of concussion in young athletes; Imaging on concussion in blast injury; Conventional CT and MR in brain concussion; Structural imaging: structural MRI in concussion; Susceptibility weighted imaging and MR spectroscopy in concussion; Functional imaging fMRI – BOLD and resting state techniques in mTBI; Diffusion Weighted and Diffusion Tensor Imaging in mTBI; and more!

For Team Physicians, Athletic Trainers, Healthcare Providers, and Rehab Professionals

A Practical Guide

Concussion in Sports, An Issue of Clinics in Sports Medicine - E-Book

The Science, Care, and Treatment of Concussion

Mild Traumatic Brain Injury and Postconcussion Syndrome

Concussion Inc.

Back in the Game

The word concussion was unheard of in youth sports a decade ago. The injury was indeed occurring, but youth athletes were often told to "shake it off" after "getting their bell rung". Science and increased awareness about concussion and brain health have transformed the way youth parents, coaches, and players pursue athletics. Fear of incurring concussions, as well as incomplete or incorrect information, is leading some parents to keep their children out of contact sports, such as football and soccer, where concussion is more prevalent. Back in the Game: Why Concussion Doesn't Have to End Your Athletic Career does not dwell on perpetuating fears but, rather, provides the most up-to-date understanding of the condition. This is a real-world discussion of what science and medicine know, what parents and coaches need to understand about concussion, evaluation and treatment, and what possible post-concussive issues exist. The expertise and experiences of noted sports neurologist Jeffrey S. Kutcher, MD, along with reporting and interviews by award-winning sports journalist Joanne C. Gerstner, make this book a timely, relevant, and real discussion about concussions in youth sports. Athletes and professional coaches who have participated in the formation of this book include two-time Olympic gold medalist soccer player Kate Markgraf, former NHL/Team Canada head coach Andy Murray, champion X-Games snowboarder Ellery Hollingsworth, along with an array of youth parents, coaches, and athletes from across the country.

Sports concussions make headlines, but you don't have to be an NFL star to suffer traumatic brain injury. In Shaken Brain, Elizabeth Sandel, MD, shares stories and research from her decades treating and studying brain injuries. She explains what concussions do to our bodies, how to avoid them, and how to recover.

Concussions in Athletics: From Brain to Behavior is a timely and major contribution to the literature that comprehensively addresses the neuromechanisms, predispositions, and latest developments in the evaluation and management of concussive injuries. Also known as mild traumatic brain injury, concussion in athletics is a growing public health concern with increased attention focusing on treatment and management of this puzzling epidemic. Despite the increasing occurrence and prevalence of concussions in athletics, there is no universally accepted definition, or “gold standard,” for its assessment. Concussion in Athletics: From Brain to Behavior provides a range of major findings that may shed important light on current controversy within the field. The book is organized in five parts: Evaluation of Concussion and Current Development; Biomechanical Mechanisms of Concussion and Helmets; Neural Substrates, Biomarkers and Brain Imaging of Concussion Research; Pediatric Sport-related Concussions; and Clinical Management and Rehabilitation of Concussions. An invaluable contribution to the literature, Concussions in Athletics: From Brain to Behavior is a state-of-the-art reference that will be of significant interest to a wide range of clinicians, researchers, administrators, and policy makers.

Concussions are a world-wide epidemic --43 million cases are diagnosed each year The good news is that there are effective treatments available today which reverse the symptoms of a concussion by correcting the underlying mechanisms of injury to the brain. The Concussion Cure is the first book which describes in detail how a concussion should be diagnosed and then treated. Both the diagnosis and treatments are based upon the findings of two diagnostic tests which show functional abnormalities. In this comprehensive guide, Paul Henry Wand, MD explains how to treat recent concussions as well as those from years ago, and covers undiagnosed and untreated conditions which are often overlooked. The Concussion Cure offers hope to patients with traumatic brain injuries and their families by sharing detailed information on three different treatment modalities which are proven to reverse the systems of a concussion. These treatments include specific medication to increase the blood flow in the brain, neurofeedback and hyperbaric oxygen.

The NFL, Concussions, and the Battle for Truth

Shaken Brain

Post-Concussion Syndrome

A Guide to Recognition, Response, and Leadership

How a Concussion Stole My Life and How the New Science of Brain Plasticity Helped Me Get It Back

The Ghost in My Brain

This book arises from the challenges and difficulties involved in the evaluation and management of concussions in wheelchair athletes. Concussions are most readily identified in the ambulatory population via identifying gross motor instability or when athletes lose their balance and stumble after a blow to the head or neck region. Because wheelchair athletes participate in sport while sitting down and using a wheelchair, clinicians must be extra attentive to identify a potential concussion. Once a potential concussion is identified, there are many challenges in evaluation of the wheelchair athlete population due to their comorbidities. At baseline, they may have signs and symptoms that mimic a concussion, and their impairments can also alter their cognitive and balance assessments. Therefore, it is critical to make a distinction between these athletes ’ baseline comorbid impairments and potential new exam findings in a concussion. Filling in a critical gap in the literature, this is a concise pocket guide for any clinician, trainer, or rehabilitation specialist who is involved in wheelchair sports. It focuses on the unique challenges in evaluating a concussion in the wheelchair athlete, including baseline testing, the process of evaluating the signs and symptoms of a concussion, cognitive and vestibular examination, new clinical techniques specific to wheelchair athletes, and the return to play process. A Concussion Management Program (CMP) for use on the sideline as well as in the office is included. Practical and timely, Concussion Management for Wheelchair Athletes is a valuable resource to increase awareness, provide guidance on the unique challenges within this population, and generate interest in future research and investigation.

Readers will discover how very recent scientific advances have overthrown a century of dogma about concussive brain injury.

Inside the most controversial issue in sports Traumatic brain injury in football is not incidental, but an inevitable and central aspect of the sport. Starting in high school, through college, and into the NFL, young players face repeated head trauma, and those sustained injuries create lifelong cognitive and functional difficulties. Muchnick's Concussion Inc. blog exposed the decades-long cover-up of scientific research into sports concussions and the ongoing denial to radically reform football in North America. This compilation from Muchnick's no-holds-barred investigative website reveals the complete head injury story as it developed, from the doctor who played fast and loose with the facts about the efficacy of the state-mandated concussion management system for high school football players, to highly touted solutions that are more self-serving cottage industry than of any genuine benefit. Known for extensive reporting on the tragic story of the Chris Benoit murder-suicide, Muchnick turns his investigative analysis to traumatic brain injury and probes deep into the corporate, government, and media corruption that has enabled the $10-billion-a-year National Football League to trigger a public health crisis.

This is a practical manual for clinicians who take care of patients with concussions. The long-term effects of concussions are an increasingly recognized problem in the medical community and by the general public. Most people recover well from concussions, but a substantial minority does not. However, most clinicians do not have specific training in how to evaluate and treat concussion patients who do not make a rapid and complete recovery. This manual, based on the experience of the director of the concussion clinic at Washington University in St Louis, provides specific step-by-step guidance for managing a variety of problems related to complex concussions: making an accurate diagnosis, general treatment strategies, headaches, sleep disruption, attention deficit, mood instability, anxiety and depression, post-traumatic stress, personality change, balance problems, dizziness, fatigue etc. Furthermore, there are specific sections on return to work, return to driving, return to school and return to contact sports. Finally, the manual includes information on special topics, such as concussion in adolescents, children, contact sport athletes, military personnel, and patients involved in medico-legal matters. The manual is written for clinicians with a broad range of backgrounds: primary care physicians, nurse practitioners, physician's assistants, athletic trainers, emergency medicine doctors, neurologists, neurosurgeons, psychiatrists, and rehabilitation medicine physicians should all be able to use the manual effectively. There is information on how to set up a specialty concussion clinic, and an extensive list of internet-based resources related to concussion. A list of other publications is provided to point to additional detailed information beyond what a pocket-sized 'on-the-fly' manual can provide.

Concussion

Pediatric and Adolescent Concussion

A Guide to Living with the Challenges Associated with Post Concussion Syndrome a nd Brain Trauma

Kids, Sports, and Concussion: A Guide for Coaches and Parents, 2nd Edition

The Concussion Crisis

From Brain to Behavior

League of Denial

NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Dr. Bennet Omalu discovered something he could not ignore. The NFL tried to silence him. His courage would change everything. “A gripping medical mystery and a dazzling portrait of the young scientist no one wanted to listen to . . . a fabulous, essential read.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks Jeanne Marie Laskas first met the young forensic pathologist Dr. Bennet Omalu in 2009, while reporting a story for GQ that would go on to inspire the movie Concussion. Omalu told her about a day in September 2002, when, in a dingy morgue in downtown Pittsburgh, he picked up a scalpel and made a discovery that would rattle America in ways he’d never intended. Omalu was new to America, chasing the dream, a deeply spiritual man escaping the wounds of civil war in Nigeria. The body on the slab in front of him belonged to a fifty-year-old named Mike Webster, aka “Iron Mike,” a Hall of Fame center for the Pittsburgh Steelers, one of the greatest ever to play the game. After retiring in 1990, Webster had suffered a dizzyingly steep decline. Toward the end of his life, he was living out of his van, tasering himself to relieve his chronic pain, and fixing his rotting teeth with Super Glue. How did this happen?, Omalu asked himself. How did a young man like Mike Webster end up like this? The search for answers would change Omalu’s life forever and put him in the crosshairs of one of the most powerful corporations in America: the National Football League. What Omalu discovered in Webster’s brain—proof that Iron Mike’s mental deterioration was no accident but a disease caused by blows to the head that could affect everyone playing the game—was the one truth the NFL wanted to ignore. Taut, gripping, and gorgeously told, Concussion is the stirring story of one unlikely man’s decision to stand up to a multibillion-dollar colossus, and to tell the world the truth.

Concussions are serious and often misunderstood injuries. This important book explores concussions from every angle, including how they happen and what to do should a reader suffer one while on the field. Unlike more physically apparent injuries, concussions are diagnosed through symptoms. Knowing what concussions do to the brain and how they affect people’s actions is important to staying healthy when playing high-impact sports. Readers will learn important health lessons that will help them understand how doctors treat concussions and get them back on the field safely after taking a bit hit.

ConcussionRandom House Trade Paperbacks

Need information on concussion symptoms, treatment, and what to do if you think you have a concussion? This guide is your resource for all the concussion basics you need to be prepared. While sports concussions are commonly discussed in the media, they can happen anywhere: from a fall, in a car accident, or simply playing at a playground. If you or a loved one gets a concussion, you need to know how to recognize concussion symptoms, how to find a doctor, and what to expect from concussion treatment. This guide will introduce you to concussions as treatable head injuries, the types of concussion tests that doctors use to diagnose and manage concussions, and what to expect in the recovery process.

Anatomy of a Silent Epidemic

Evaluation and Examination

I Have a Concussion. Now What?

3 Proven Methods to Heal Your Brain

Concussion E-Book

Psychological Aspects of Sport-Related Concussions

What If I Get a Concussion?

America's favorite sport has a serious problem. Many of the NFL's top players--including Troy Aikman, Steve Young, Merril Hoge, Ted Johnson, Al Toon, and Wayne Chrebet--have had their careers ended by head injuries. But few realize that most NFL players a

It is hard to find a medical condition that has as much media attention as concussion. With growing interest in concussion care by the NFL, NHL, NBA, and many other sports organizations, the military, and by regular patients, the number of concussion care providers has rapidly increased. Concussion Care Manual, Second Edition is the perfect step-by-step concussion management guide for clinicians, coaches, and even parents of athletic children. This pocket-sized volume discusses how to manage a variety of complexities associated with concussions including proper diagnosis, management strategies, headaches, anxiety and depression, PTSD, dizziness, fatigue, and changes to mood, balance, personality, and sleep. This book also covers the essential elements on how to set up and run a concussion clinic, focusing on the administrative need-to-know. A much-needed list of references, scales, and resources are provided at the end of the book for further investigation. New to the Second EditionEL -Fully revised based on the most up-to-date research in the field across disciplines - Evidence-based, this new edition summarizes what works and what doesn't from recent clinical trials and real world concussion care experience -Provides step by step guidance on how to provide appropriate active management when treating concussion

Between the growing numbers of children and adolescents playing sports and the increased attention to head injuries by the larger sports community and the general public, pediatric concussions are emerging as a major concern. And as practitioners are seeing more young clients with head injuries, questions arise about age-appropriate assessment, diagnosis, treatment, and return to activity. Pediatric and Adolescent Concussion: Diagnosis, Management, and Outcomes offers evidence-based guidelines where few previously existed. This comprehensive volume clearly explains the effects of traumatic injury on the developing brain in sports- and non-sports-related contexts, and establishes a framework for immediate and long-term management, especially the crucial first 24 hours. Chapters provide a basic grounding in its subject with a history of concussion as a medical entity and a review of definitional and classification issues, take the reader through the steps of a neuropsychological evaluation, pinpoint post-injury issues, and offer strategies for the prevention of further or future injury. Pediatric and Adolescent Concussion: Diagnosis, Management, and Outcomes serves as both educational resource and practical framework for a wide array of professionals, including neuropsychologists, sports medicine physicians, child psychologists and psychiatrists, pediatric and family physicians, athletic trainers, social workers, and educators.

Epidemiology of Sports Concussions, Pathophysiology of Concussion in Youth, On the Field Identification and Sideline Management of Concussion, Return to Play Decisions, Diagnosis of Concussion: The Role of Imaging Now and In Future, Use of Neuropsychological Examinations, Subacute Management of Concussion Related Symptoms, Long Term Consequences: Effects on Normal Development Profile After Concussion, School and the Concussed Youth, Community Response to Concussion: Legislative Updates, Best Practices in Concussion Education and Prevention Epidemiology of Sports Concussions, Pathophysiology of Concussion in Youth, On the Field Identification and Sideline Management of Concussion, Return to Play Decisions, Diagnosis of Concussion: The Role of Imaging Now and In Future, Use of Neuropsychological Examinations, Subacute Management of Concussion Related Symptoms, Long Term Consequences: Effects on Normal Development Profile After Concussion, School and the Concussed Youth, Community Response to Concussion: Legislative Updates, Best Practices in Concussion Education and Prevention

Diagnosis, Management, and Outcomes

Concussion Protocol 101

Sports-Related Concussion

Football's Concussion Crisis from the NFL to Youth Leagues

Sports-Related Concussions in Youth

Liability in Concussion Care 101

A Bench to Bedside Approach

This issue of Clinics in Sports Medicine will explore all aspects of sports-related concussion, such as the biomechanics and epidemiology of concussions,as well as special considerations for female and pediatric athletes. The issue will also include articles on return-to-play and retiring decisions after sports-related concussions.

A new field of medicine is emerging, Concussionology, and it has massive consequences on the health and welfare of athletes livelihood. This guidebook provides basic training for athletes, parents and coaches as well as more in-depth training of concussions for athletic trainers, and other medical professionals. In Concussionology, Dr. Harry Kerasidis: Outlines his own clinical-caliber concussion protocol Reveals who is more vulnerable to concussions Gives requirements for concussion baseline tests Provides neurological basics about the brain, injury and behavior Offers practical steps to handling concussions, and more What they re saying ...a full, all inclusive approach to the management of sports related concussions. Dr. Alan Ashare, USA Hockey, Board of Director Dr. Kerasidis is ... forward-thinking ... intellectually brilliant. This book is a reflection of that genius: straightforward, smart and leading-edge. Erin Sharoni, National TV Sports Personality Dr. Kerasidis explains the brain in user-friendly terms, including how it functions normally and how it responds in concussion. This book is a clear call to action for players, parents, coaches, and loved ones. Theodore Henderson, MD, PhD Child, Adolescent, and General Psychiatry Dr. Kerasidis expertise in concussions and concussion management has taught me what I need to know and helped me become a better athletic trainer...and implement a first class concussion management program. Stephanie Guzzo, Assistant Athletic Trainer, St. Mary s College of Maryland

A cautionary assessment of the rising frequency of brain injuries among young athletes counsels parents on the risks associated with head trauma while identifying factors that contribute to missed diagnoses and brain damage, in a reference that is complemented by illustrative true stories.

The increasing recognition of concussion and its associated consequences has focused international attention on mild traumatic brain injury. The need for early diagnosis, evaluation, and management has expanded dramatically. This volume includes the experience of leading experts who describe the recent advances in the pathophysiology, biomechanics, imaging definition, and management of concussion. Advanced imaging and electrophysiological techniques are being used to help delineate the underlying metabolic and ultrastructural effects of concussive injuries. Papers in this volume review the role of emerging techniques including fMRI, SPECT, PET, DTI, MRS, and MEG, as well as report on multimodality concussion management programs which offer guidelines for selecting relevant team members, assessing community needs, and implementing management strategies that align with current practice standards. This publication provides neurosurgeons, neurologists, trauma and sports medicine specialists, physiatrists, neuropsychologists, and neuroscientists with a comprehensive overview of the current understanding of the causes of mild traumatic brain injury or concussion, newer methods to evaluate it, and current and evolving multimodality management strategies.

Evidence Based Answers to Cases and Questions

Traumatic Brain Injury

Assessment, Management and Rehabilitation

Head Games

Causes, Diagnosis and Management

An Evidence Based Approach

Concussion Management for Primary Care

The first book to focus on managing concussions from prevention to post-concussion return to school Concussions pose a serious and complex issue for schools – from determining if a student may have suffered a concussion during a school activity to ensuring that students diagnosed with this condition can safely and effectively resume study, recreation, and sports. This is the first comprehensive text for school staff, including psychologists, counselors, and nurses, on managing concussions in students, from prevention to post-concussion return to school. With a focus that

addresses concussions on and beyond the sports field, the book describes how to create and lead a concussion management team in school and provides clear, non-technical information on how concussions can affect learning, mental health, and social-emotional functioning; tools for school-based concussion assessment; and guidelines for creating accommodation plans in collaboration with the family, community, and school team. The text guides key school professionals in navigating the barriers, system issues, knowledge gaps, and complexities in recognizing and responding to student concussions. Case studies integrated throughout each chapter feature the same four students from point of injury to recovery. Reproducible forms and handouts include signs and symptoms checklists, a post-concussion care plan, a checklist of academic adjustments, and progress monitoring tools. Key Features: Offers comprehensive, practical information on concussion for school psychologists, counselors, and nurses Provides skills in developing and leading a school-based concussion management team Explains how concussions can affect learning, mental health and social-emotional functioning Offers tools for school-based concussion assessment Includes guidelines for creating symptom-based adjustments to the learning environment in collaboration with family, community, and school team Includes in-depth case studies and handouts, forms, and checklists

This practical reference, edited by Drs. Blessen C. Eapen and David X. Cifu, covers the full spectrum of assessment, management, and rehabilitation after concussion. It includes best practices and considerations for numerous patient populations and their unique needs in an easy-to-read, concise format. Geared toward physiatrists, neurologists, primary care physicians, and rehabilitation professionals, this book provides the key information you need to guide your treatment plans and help patients recover after concussion. Consolidates the most current information and guidance in this challenging and diverse area into one convenient resource. Covers acute management of concussions, diagnostic criteria, neuroimaging, biomarkers, chronic traumatic encephalopathy and return-to-play, school and duty protocols. Discusses special populations, including pediatrics, sports, military and veteran patients. Covers post-concussive syndrome and its management of sequelae after concussion.

"Abstract: Concussion is a type of mild traumatic brain injury, is common, and occurs both in sport and as a result of falls or accidents. Concussion has become an increasingly recognized public health concern, largely driven by prominent media coverage of athletes who have sustained concussion. Although much has been written about this condition, we still do not understand its natural history, and we are only now beginning to recognize that concussion often manifests in different clinical domains. These may require targeted treatment in and of themselves; otherwise, persistent postconcussive symptoms may develop. Although most individuals who sustain a concussion recover, and although concussion is a treatable condition, it is important that concussion be managed early and comprehensively to avoid a more prolonged clinical trajectory. A relatively recent term often used in the setting of concussion is repetitive head impact exposure-a biomechanical force applied to the head that does not generate a clinical manifestation of concussion, but may result in structural brain changes. Although it is often assumed that repetitive head impact exposure leads to long-term neurological sequelae, the science to document this assumption is in its infancy. Repeated concussions may lead to depression or cognitive impairment later in life, and there is an emerging literature that repeated concussion and repetitive head impact exposure are associated with chronic traumatic encephalopathy or other neurodegenerative diseases. Currently there is no known causal connection between concussion, repetitive head impact exposure, and neurodegeneration, although this research is also still in its infancy. What is clear is that (a) concussion prevention and safety should be paramount in sport and in society, (b) concussion management should begin immediately and should include clinical domains, and (c) research on concussion and repetitive head impact exposure must continue to move forward. Keywords: concussion; mild traumatic brain injury; clinical domains; repetitive head impact exposure; chronic traumatic encephalopathy; safety"--

This new edition reflects the explosion of knowledge in basic science and clinical care for athletes with mild traumatic brain injury or concussion. Interest in management and methodology for making diagnoses and improving the clinical outcomes have changed dramatically. All U.S. states have laws dictating how sports concussion patients are cared for and require return to play decisions be coordinated with best practice methods. Epidemiology, classification, and biology of sports concussion, as well as, brain imaging, assessment tests, neuropsychological measures, and management strategies are covered. Illustrative clinical cases, correlative examples, and historical insights are featured.

Managing Concussions in Schools
Diagnosis and Management, Second Edition
Concussion and Traumatic Encephalopathy
Concussions in Athletics
Concussion 101
The End of Football As We Know It
Imaging of Brain Concussion, An Issue of Neuroimaging Clinics of North America, E-Book

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

Concussions are increasing in incidence each year, and each state has a law on management of concussions in children. These factors strengthen the need for primary care providers to be well-versed in the evaluation and management of them. This text provides primary care physicians and clinicians with an evidence-based yet practical approach to diagnosing and treating concussions in children and adults. The book begins with a general overview of concussions. It then goes on to identify risks, signs and symptoms of concussions. Next, physicians and providers learn when and how to perform appropriate physical exams for suspected concussions. The following chapters focus on finding the correct type of testing to perform in suspected concussions. The testing options addressed include diagnostic, neurocognitive and imaging. Return-to-learn and return-to-play recommendations are then discussed to ensure that providers are able to properly educate patients on them. The book concludes by explaining post-concussion syndrome and identifying methods to prevent concussions and complications in the future. Each chapter presents a specific case along with 3-5 followup questions as well as a summary of key concepts. Written from the unique perspective of a primary care physician who also specializes in sports medicine and concussions, Concussion Management for Primary Care is a first-of-its-kind book that serves as a valuable resource for primary care physicians, sports medicine physicians and any other clinician treating patients suffering from a possible concussion.

Concussions happen at all levels of sport, from the earliest levels through the professional ranks. Potentially catastrophic if not detected early, concussions have ended the careers of many notable professional players--and it's estimated that in high school football alone, about 1 in 5 players suffers a concussion. The Heads-Up on Sport Concussion is a concise introductory book on sport concussion for professionals who work with athletes. It provides a comprehensive review of current literature on sport concussion, and it guides professionals in communicating with athletes, parents, and coaches regarding assessment, treatment, and other issues surrounding sport concussion. In The Heads-Up on Sport Concussion, the authors detail -what happens when the brain is injured; -appropriate assessment and evaluation tools; -sport-specific issues; -how medical organizations are addressing the issue of sport concussion; -medical and nonmedical treatment and rehabilitation strategies; -recent research on a variety of topics in sport concussion; and -essential information for coaches, athletes, and parents. This book is focused and authoritative in its treatment of a poorly understood medical problem. Providing clear clinical management strategies for sport concussion injuries, the text compiles the best available information from different resources and synthesizes the information with summaries and conclusions for easy comprehension. The material is enhanced further with photos and illustrations depicting MRI scans and brain images showing chemical reactions in the brain after an injury. In addition, the text identifies particular sports and sport activities that have the greatest incidence of sport-related concussions, and it reports on and critiques those strategies that are currently in place to combat sport concussion across different sport groups. In The Heads-Up on Sport Concussion, professionals in sports medicine, neurology, neurosurgery, and neuropsychology offer strategies for recognizing and treating sport concussion. The text provides appropriate research resources without getting bogged down by lengthy research critiques. Many chapters include a Research Digest section that identifies critical research data used in developing recommendations and conclusions. Additionally, an educational poster is available for download via the Internet for trainers, physicians, coaches, and sports medicine professionals to use to educate athletes and their families about the signs, symptoms, and treatment of concussion. The poster is available at HumanKinetics.com. The Heads-Up on Sport Concussion provides a current understanding of terminology, assessment, treatment, and criteria for return to play for a range of readers. Researchers, medical professionals, and health care specialists will have a more thorough grasp of the various aspects of sport concussion and thus be able to provide better care and education to athletes who sustain concussions. Its complete treatment of a critical topic makes this a must-read for anyone involved in the care and training of athletes.

In this book, readers can learn the signs of a concussion, what to do if they or a friend have experienced one, and how to cope on the path to recovery. Special sidebar features, such as the ten great questions for a patient to ask his or her doctor, make this guide a great carry-along companion for anyone suffering from the effects of a concussion.

The New Evidence Base for Diagnosis and Treatment
Redefining Sports Concussion Management For All Levels
Tackling the Concussion Epidemic
Coping with Concussion and Mild Traumatic Brain Injury
Improving the Science, Changing the Culture
Best Practices For Your Clinic
Concussion-ology

This is the first neuropsychology book to translate exciting findings from the recent explosion of research on sport-related concussion to the broader context of mild traumatic brain injury (MTBI) and post-concussive syndrome (PCS) in the general population. In addition, it includes a Continuing Education (CE) component administered by the American Academy of Clinical Neuropsychology. Traumatic brain injuries constitute a major global public health problem, but until now, MTBIs, which constitute up to 90 percent of all treated TBIs, have been difficult to evaluate and manage clinically because of the absence of a viable model. Dr. McCrea's book thus provides a welcome evidence base for all clinicians - including psychologists, neuropsychologists, neurologists, neurosurgeons, rehabilitation medicine physicians, physiatrists, and nurses - involved in the clinical diagnosis and treatment of MTBI, as well as attorneys involved in personal injury litigation and personal injury defense. Each section of the book ends with a helpful summary of the 'Top 10 Conclusions.' Instructions for earning AACN-administered CE credit are included.

Recognition of concussion as a serious injury, informed by neurological and physiological research, is now commonplace in sport. However, research on the psychology of concussive injury—its psychological implications and outcomes, and psychological interventions for prevention and recovery—has largely been overlooked. This is the first book to explicitly and authoritatively set out the psychological aspects of sport-related concussion from a multidisciplinary and global perspective The book attempts to offer a global understanding of the injury by presenting an historical overview; exploring the psychological implications of sport-related concussion and the influence of gender and sociocultural context on concussive injury and recovery; setting out practical guidance on working with special populations suffering from concussive injuries; and discussing the theoretical and methodological considerations for research on concussion and future directions for this research. Written by a group of leading international experts and offering a hitherto underdeveloped perspective on this crucial area of sports injury research, this book is crucial reading for any upper-level student, researcher, sport scientist, coach, or allied health professional working on sport-related concussion. It is also valuable reading for students and researchers interested in the psychosocial processes that impact injury and recovery or general professional practice in sport psychology.

Post-Concussion Syndrome: An Evidence Based Approach surveys the research on this disorder. Most people recover completely following concussion, also known as mild traumatic brain injury, but some continue to have post-concussion syndrome symptoms for months or even years after the injury. This book explores the definition, genesis, assessment, diagnosis, recovery, and treatment of post-concussion syndrome.

A comprehensive summary of sport-related concussion for parents, coaches, and athletes that considers the physics and biology behind the injury, identifies what can be done to reduce the risk of its occurrence, and describes how to properly respond to a suspected concussion. • Provides a detailed but easy-to-understand, jargon-free explanation of types of trauma and the forces that result in a concussion as well as what happens to brain cells when the brain suffers a concussion • Presents the facts about sport-related concussion and the potential for cumulative effects of sport-related concussions, including a discussion about chronic traumatic encephalopathy • Informs athletes, parents, and coaches about ways in which to prepare for a possible concussion, how to respond to a potential concussion, and steps to take to decrease the risk of a concussion injury

Youth Sports Concussions, An Issue of Physical Medicine and Rehabilitation Clinics - E-Book
From Concussion to Coma
Why Concussion Doesn't Have to End Your Athletic Career
Concussion Management for Wheelchair Athletes
The Concussion Cure
The Heads-up on Sport Concussion
Concussion Care Manual

A comprehensive guide for improving memory, focus, and quality of life in the aftermath of a concussion. Often presenting itself after a head trauma, concussion— or mild traumatic brain injury (mTBI)— can cause chronic migraines, depression, memory, and sleep problems that can last for years, referred to as post concussion syndrome (PCS). Neuropsychologist and concussion survivor Dr. Diane Roberts Stoler is the authority on all aspects of the recovery process. Coping with Concussion and Mild Traumatic Brain Injury is a lifeline for patients, parents, and other caregivers.

Stay on top of the evolving standard of concussion care. This guide is a must-have for concussion care providers and individuals who are responsible for risk management and medical liability oversight. Learn valuable lessons surrounding concussion lawsuits, and be in the know about the tools, procedures, and guidelines that may help protect your organization against lawsuits.

Two soccer players collide on the field. A soldier in Afghanistan is thrown to the ground during a bomb explosion. A teen has an accident while riding her bike?and she isn't wearing her helmet. Each of these incidents can produce a traumatic brain injury (TBI). Of the 1.7 million Americans officially diagnosed with TBI each year, 52,000 die from their injuries. And that doesn't count all the unreported TBIs, which experts estimate range from about two to four million more incidents. TBIs range from concussions to penetrating head injuries to life-threatening brain swelling and coma. And they have countless causes: war, sports, car and motorcycle accidents, falls, and physical violence. The aftereffects can be devastating, including compromised memory and concentration, loss of hearing, physical disabilities, depression, brain disorders, and, in the worst-case scenario, death. Find out about the different types of TBIs, what causes them, and how they are diagnosed and treated. Along the way, you'll learn about National Hockey League player Derek Boogaard and U.S. Representative Gabby Giffords, both of whom sustained TBIs, with dramatically different outcomes. You'll also meet teens and young adults living with TBIs and the doctors who treat them. And you'll learn about amazing medical technologies that help victims recover and promise hope for the future.