



## McFarland Clinic

### CONCUSSION INFORMATION

This patient has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found. Recovery time is variable across individuals and the patient will need monitoring for a further period.

Problems could arise over the first 24 – 48 hours following a concussion. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech

**Remember, it is better to be safe.**

#### Other important points:

- Rest (physically), including training or playing sports until symptoms resolve and you are medically cleared-no gym or weight lifting as well.
- Avoid use of any electronic devices or television while patient is still having symptoms as this may prolong or increase symptoms.
- School work may have to be modified depending on symptoms, but this is usually not for an extended period of time.
- No alcohol.
- No prescription or non-prescription drugs without medical supervision.  
Specifically:
  - No sleeping tablets
  - Do not use aspirin, anti-inflammatory medication or sedating pain killers  
(Tylenol as needed should be fine to use if using only what is recommended on manufacturers label per age and weight)
  - Do not drive until medically cleared
  - Do not train or play sport until medically cleared
  - **Things you should do:** Eat healthy, stay hydrated, go to sleep and wake up the same time daily, walk a mile a day at 20 min/mile pace

#### Return to Play:

Athletes should not be returned to play the same day of injury.

When returning athletes to play, they should be **medically cleared and then follow a stepwise supervised program**, with stages of progression. There should be at least 24 hours (or longer) for each stage and if symptoms recur the athlete should rest until they resolve once again and then resume the program at the previous asymptomatic stage. **This progression back to play will take 5-7 days minimum from the date of concussion.**

Please contact our office with any further questions.



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