

# Concussions. “A Silent Epidemic...”



In all of sports there is no injury that is harder to identify and fewer that are as catastrophic as concussions. If an athlete has a loss of consciousness the diagnosis is easy. However, to an individual with an untrained eye, it is the subtle concussion that is more difficult to diagnose. With an injury like an ankle sprain, many of the symptoms are visible: swelling, bruising and limping. However, concussed athletes do not always show clear cut signs and symptoms. If an athlete has a possible concussion he/she should be removed from participation immediately. Return to practice or games should not be allowed until cleared by a Physician and/or Certified Athletic Trainer.

The Arkansas Activities Association Sports Medicine Advisory Committee encourages you to learn more by logging on to [www.knowconcussions.org](http://www.knowconcussions.org). Please share this information with your peers, athletes and parents of your athletes.