



## WHAT IS A CONCUSSION?

A concussion is an injury to the brain that can interfere with the way a brain normally functions. Concussions are typically caused by a sudden blow, jolt, or bump to the head or body that causes the brain and head to move back and forth rapidly. One does not have to be knocked unconscious to have a concussion.

Most people fully recover from a concussion within a week or two. For some individuals, however, symptoms may persist for several weeks or months. Persistent symptoms often require additional evaluation or treatment strategies.

A concussion should be taken seriously and evaluated by a medical doctor— preferably one knowledgeable in concussion evaluation and management.



## SEMMES MURPHEY Leaders in Brain & Spine Care

### SEMMES MURPHEY CLINIC MEMPHIS OFFICE

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For more detailed information, visit  
[www.semmes-murphey.com](http://www.semmes-murphey.com)

*Semmes Murphey has locations throughout Tennessee, Mississippi, and Arkansas, allowing us to serve patients in convenient locations across the Mid-South.*

### SEMMES MURPHEY LOCATIONS:

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# Concussion

# Management



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## WHAT SHOULD I DO?

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Seek medical attention as soon as possible. Any athlete who sustains, or even suspects that they have suffered a concussion should be immediately removed from play (i.e., practice, games, etc.).

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*Most concussions are not neurologic emergencies and do not require hospital visits.*

### VISIT AN EMERGENCY ROOM IF YOU:

- have a headache that gets worse or persists
- are drowsy and can't be awakened
- don't recognize people or places
- vomit repeatedly
- are confused or disoriented
- are extremely irritable
- have a seizure or convulsion
- have sudden weakness or numbness in limbs
- have slurred speech

Current standards of care recommend both cognitive and physical rest as the cornerstone of treatment. Your concussion management provider will guide you through a treatment plan and inform you of what activities are appropriate during the immediate recovery period.



## SPECIAL INFORMATION FOR YOUTH ATHLETES

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All states have passed laws requiring that any youth athlete suffering a concussion be seen by an approved clinical provider before returning to play. Your health care providers will work with coaching staff and athletic trainers to design appropriate return-to-play protocols once the symptoms have cleared. While guidelines are not legislated, an athlete's return to the classroom always precedes return to athletics. Your concussion team can help manage your return to school and activities, including communicating restrictions, accommodations and other support.

### For more information on concussions visit:

- [www.tn.gov/TBI/health/article/tbi-concussion](http://www.tn.gov/TBI/health/article/tbi-concussion)
- [www.cdc.gov/headsup.index.html](http://www.cdc.gov/headsup.index.html)



## SEMME'S MURPHEY'S CONCUSSION MANAGEMENT TEAM

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Semmes Murphey has a multi-disciplinary Concussion Management Team, represented by specialists in the areas of clinical neurology, neuropsychology, neuroradiology, neurosurgery, physiatry, and physical therapy. To ensure optimum treatment for concussed patients, the team works closely to assess possible concussions and determine an appropriate plan for treatment. Our process may include (but is not limited to): outpatient neurologic examination, vestibular assessment/intervention, neurocognitive testing, neuroimaging (MRI), and neurophysiologic assessment (EEG, EMG).

When introduced at the appropriate time after concussion, aerobic exercise can help with recovery. Our physical therapy department at Semmes Murphey can help evaluate when to add aerobic exercise, and what intensity, duration and frequency is appropriate.