

Concussion Care for Gymnasts

Personalized Care • Same Day Appointments • Tips for Prevention

When you visit the team at HealthPartners Orthopaedic & Sports Medicine, you'll find we are different than others. In fact, it's our goal to keep you active and get you back in the game as quickly and safely as possible — and we're not here to say that you can't compete. This is because we understand the passion for participation and want to keep you doing what you love throughout your lifetime. Our staff has experience treating gymnastics related injuries, and our partners in physical therapy include former gymnasts and coaches. Our family of care also includes access to sports medicine doctors, surgeons, athletic trainers, physical therapists and others all at the same location. Everyone will work closely together to create a treatment plan specific to your needs. We are committed to keeping you on the mat.

What is concussion?

A concussion is any injury to the brain that disrupts normal brain function on a temporary or permanent basis. Although often associated with contact sports, concussion is also a risk for gymnasts. In fact, the risk exists in any sport where an athlete may sustain a blow or jolt to the head. Should a concussion be suspected, an athlete should follow up as soon as possible with a medical professional who has been trained to evaluate head injuries.



What can be done to prevent a concussion?

- Gymnasts should be instructed on proper technique
- Ensure proper matting and equipment setup
- Always have trained spotters in place in practice and competition

What should you do if you suspect a concussion?

- Tell a coach, parent, or athletic trainer if you do not feel right
- Seek a medical professional if there are symptoms
- If symptoms do not exist, but you still suspect a concussion, see your doctor
- A gymnast with concussion symptoms should NEVER be allowed to compete until they have been cleared by a medical professional

Official Medical Provider
of the



What are the symptoms of concussion?

The athlete may notice:

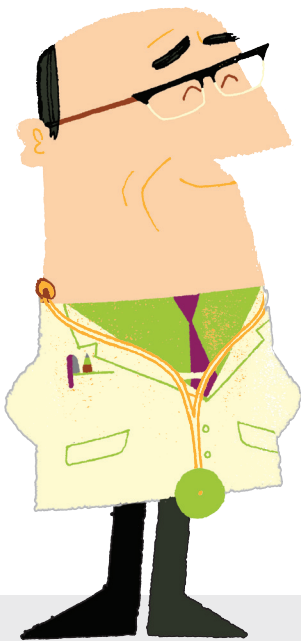
- A headache or feeling of pressure in the head
- Nausea or vomiting
- Dizziness and/or difficulty with balance
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not 'feel right'

Others may notice:

- Physical and/or behavioral changes
- An appearance of being dazed or stunned
- Forgetfulness, such as forgetting an instruction or a routine
- Inability to recall events before or after the hit or fall
- Inability to name the current venue, date or time
- A loss of consciousness (even briefly)

If any of the following signs are present, the gymnast should be taken to Emergency Care immediately:

- Vomiting
- A headache that gets worse over time
- Changes in behavior, including irritability or fussiness
- Changes in physical coordination, including stumbling or clumsiness
- Confusion, disorientation, and/or lasting or recurring dizziness
- Slurred speech or changes in speech
- Vision or eye disturbances including pupils that are dilated or uneven sizes
- Changes in breathing pattern
- Blood or fluid discharge from nose or ears
- Large head bumps or bruises on areas other than forehead



For more information, visit healthpartners.com/ortho.

To schedule an appointment, call 651-254-8300.