

# CONCUSSION

## BASICS



- 1 A concussion is a type of brain injury
- 2 You don't need to be knocked out to have a concussion
- 3 If you have a concussion in training...STOP

Repeat head blows before recovery from a concussion could be dangerous and could slow your recovery

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Concussions can happen in competition and in training

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After a hit to the head, neck, body or takedown you can suffer a concussion

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Concussions are not seen on standard brain imaging (CAT scan/MRI)

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### POSSIBLE SYMPTOMS

- Depression
- Anxiety
- Irritability
- Headache
- Nausea
- Vomiting
- Impaired thinking
- Slow reflexes
- Blurred Vision
- Balance issues
- Sleep Disturbances
- Coordination Issues



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### RETURN

You can go back to light activity a few days later with things like swimming, running and biking.  
**NO CONTACT TRAINING**

Training intensity should not be increased if it makes your concussion symptoms worse

You should **NOT RETURN** to contact training until all concussion **SYMPTOMS ARE GONE** and you have been cleared by a doctor



### HELP

#### If you have a concussion you should see a doctor:

- Before you return to contact training/sparring
- If your symptoms change for the worse
- If your symptoms last more than 7-10 days

IF YOU NEED HELP WITH DOCTORS AND MEDICALS CONTACT @FIGHTINGFOUNDATION



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