CONCUSSION



BASICS

- 1 A concussion is a type of brain injury
- ? 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

Concussions can happen in competition and in training

head, neck, body or takedown you can suffer a concussion

After a hit to the

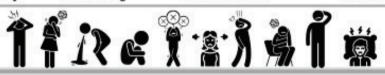
Concussions are not seen on standard brain imaging (CAT scan/MRI)

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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

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You can go back to light activity a few days later with things like swimming, running and biking. NO CONTACT TRAINING 2

Training intensity should not be increased if it makes your concussion symptoms worse 3

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



If you have a concussion you should see a doctor:

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

IF YOU NEED HELP WITH DOCTORS AND MEDICALS CONTACT @FIGHTINGFOUNDATION

HELP

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