

Northwestern Medicine Sports Concussion Clinic

Recognize and treat symptoms of concussions

It is important to identify and treat concussions. This type of injury is often experienced by athletes who play contact sports such as football, soccer and hockey.

Before treating a concussion, you need to be able to recognize the signs and symptoms of one.

The goal of the Northwestern Medicine Sports Concussion Clinic is to increase awareness and understanding of concussions, and to encourage parents and players to contact the Sports Concussion Clinic for a screening if they suspect a concussion.

What is a concussion?

A concussion is a type of brain injury that can happen when your head hits an object, or when a moving object strikes your head. A concussion can also occur when your head experiences a sudden force, even without being hit directly. In the United States, athletes experience up to 3.8 million concussions each year, so it's important to recognize the signs and symptoms.

Locations

DeKalb

1245 Stadium Drive North

Geneva

351 Delnor Drive, Suite 410

Naperville

636 Raymond Drive, Suite 100

Sycamore

2111 Midlands Court

Warrenville

27650 Ferry Road

For more information or to make an appointment, please call 630.225.2663 (TTY: 711).

Sports Concussion Clinic

Collaborating specialties

Athletic Training

Psychiatry

Neurology

Physiatry

Neuropsychology

Physical Therapy

Neurosurgery

Sports Medicine

Pediatric Neurology

Know the Signs. Understand the Symptoms.

Raise your awareness today by learning the signs and symptoms of a concussion.

Signs you can see:

Memory loss of events before, during or after injury
Behavior or personality change
False/imagined memory
Delayed spoken or physical responses
Balance problems
Disorientation (confusion about time, date, location)
Trouble controlling emotions
Loss of consciousness (blackouts)
Slurred/unclear speech
Empty stare

Symptoms an athlete can report:

Blurry or double vision
Confusion
Dizziness
Feeling very drowsy or having sleep problems
Feeling hazy, foggy or groggy
Headache
Inability to focus, concentrate
Nausea and/or vomiting
Not feeling "right"
Increased sensitivity to light or sound



If you have experienced a concussion, or believe you know someone who has, contact the Sports Concussion Clinic at 630.225.2663 (TTY: 711).



Orthopaedics