Recognize and treat symptoms of concussions
Across the country, athletic programs and medical professionals are emphasizing how important it is 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

Geneva
351 Delnor Drive, Suite 410

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
Neurology
Neuropsychology
Neurosurgery
Pediatric Neurology
Psychiatry
Physiatry
Physical Therapy
Sports Medicine

rmg.nm.org/orthopaedics
Know the Signs. Understand the Symptoms.

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

<table>
<thead>
<tr>
<th>Signs you can see:</th>
<th>Symptoms an athlete can report:</th>
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<tbody>
<tr>
<td>Memory loss of events before, during or after injury</td>
<td>Blurry or double vision</td>
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<td>Behavior or personality change</td>
<td>Confusion</td>
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<td>False/imagined memory</td>
<td>Dizziness</td>
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<td>Delayed spoken or physical responses</td>
<td>Feeling very drowsy or having sleep problems</td>
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<td>Balance problems</td>
<td>Feeling hazy, foggy or groggy</td>
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<tr>
<td>Disorientation (confusion about time, date, location)</td>
<td>Headache</td>
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<tr>
<td>Trouble controlling emotions</td>
<td>Inability to focus, concentrate</td>
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<td>Loss of consciousness (blackouts)</td>
<td>Nausea and/or vomiting</td>
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<tr>
<td>Slurred/unclear speech</td>
<td>Not feeling “right”</td>
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<td>Empty stare</td>
<td>Increased sensitivity to light or sound</td>
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If you have experienced a concussion, or believe you know someone who has, contact the Sports Concussion Clinic at 630.225.2663 (TTY: 711).