

VISIT ONE OF OUR CONCUSSION EXPERTS AT ANY OF THESE LOCATIONS:

1. OhioHealth Neurological Physicians

285 East State Street
Suite 430
Columbus, Ohio 43215
(614) 566.9777

2. OhioHealth MAX Sports Medicine–Olentangy

3705 Olentangy River Road
Suite 260
Columbus, Ohio 43214
(614) 533.6600

3. OhioHealth MAX Sports Medicine–Delaware

801 OhioHealth Boulevard
Suite 140
Delaware, Ohio 43015
(740) 615.0270

4. OhioHealth Sports Medicine Center–Dublin

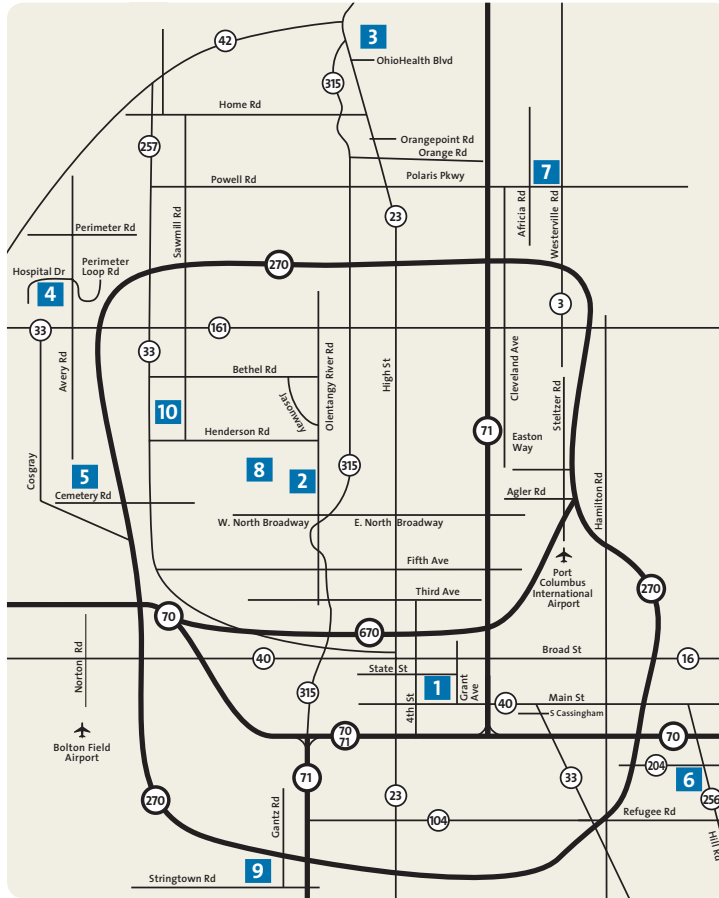
6955 Hospital Drive
Dublin, Ohio 43016
(614) 566.1420

5. OhioHealth MAX Sports Medicine–Hilliard

4523 Cemetery Road
Hilliard, Ohio 43026
(740) 615.0270

6. OhioHealth MAX Sports Medicine–Pickerington

1797 Hill Road North
Suite 100
Pickerington, Ohio 43147
(614) 533.6650



7. OhioHealth MAX Sports Medicine–Westerville

300 Polaris Parkway
Suite 2150
Westerville, Ohio 43082
(614) 588.0020

9. McConnell Spine, Sport & Joint Physicians–Grove City

2030 Stringtown Road
Grove City, Ohio 43213
(614) 566.3810

8. McConnell Spine, Sport & Joint Physicians–Columbus

3773 Olentangy River Road
Columbus, Ohio 43214
(614) 566.3810

10. Ohio Orthopedic Center of Excellence

4605 Sawmill Road
Upper Arlington, Ohio 43220
(614) 827.8700

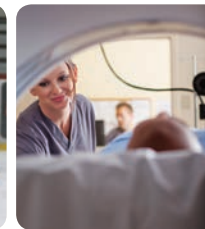


OhioHealth Sports Medicine
We don't take hard hits lightly.

Parent Guide to Concussion Management

A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

RIVERSIDE METHODIST HOSPITAL + GRANT MEDICAL CENTER + DOCTORS HOSPITAL + GRADY MEMORIAL HOSPITAL
DUBLIN METHODIST HOSPITAL + DOCTORS HOSPITAL–NELSONVILLE + HARDIN MEMORIAL HOSPITAL + MARION GENERAL HOSPITAL
WESTERVILLE MEDICAL CAMPUS + 20 HEALTH AND SURGERY CENTERS + URGENT CARE + PRIMARY AND SPECIALTY CARE
WELLNESS + HOSPICE + HOME CARE + 22,000 PHYSICIANS, ASSOCIATES AND VOLUNTEERS



What is a concussion?

Concussions are a type of traumatic brain injury (TBI) that can be caused by a direct hit to the head or by a hit to the body causing the head and neck to whiplash.

- + Most concussions occur without the loss of consciousness.
- + Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- + Young children and teens are more likely to get a concussion and take longer to recover than adults.
- + Athletes with a personal or family history of migraines also take longer to recover.

Know how to recognize concussion signs and symptoms.

Signs

- + Dazed, confused or stunned
- + Memory loss
- + Slow to respond
- + Unusually tired
- + Unusually sad or irritable
- + Nausea

Symptoms

- + Headache
- + Nauseous and vomiting
- + Double or blurry vision
- + Sensitivity to light and/or noise
- + Extreme fatigue
- + Academic decline

OhioHealth Concussion Management Team

OhioHealth Sports Medicine has the most comprehensive team of experts for sports concussion management in central Ohio.

Our multidisciplinary team of physicians, neurologists, athletic trainers, physical therapists, vestibular therapists, imaging technologists and nutritionists work together to provide athletes all the care they need in one streamlined process.

OhioHealth has unique experience caring for athletes:

- + Team physicians and athletic trainers for over 30 high schools and 5 colleges
- + Over 35 physicians who are all fellowship trained in sports medicine
- + Over 75 athletic trainers to assist in care coordination and safe return to play
- + Team physicians and athletic trainers for the Columbus Blue Jackets and Columbus Crew
- + Over 20 concussion management experts, using the most current scientific research to assess concussions, at 10 convenient locations

ImPACT® testing

ImPACT® tests can determine an athlete's brain function before and after a concussion. Athletes are encouraged to have a baseline evaluation so if the athlete shows signs or symptoms of a concussion, one of our OhioHealth Concussion Team experts can re-test the athlete and compare new results to that of the baseline evaluation.

Neuropsychological testing

Concussions can be difficult to diagnose because of the symptoms experienced after a sports collision; therefore, a physician may recommend neuropsychological testing. These tests are computerized assessments of memory, learning, multitasking and concentration, which is essential in a concussion treatment plan and returning the student to school and athletic activities.

ImPACT® testing, neuropsychological testing and clinical assessments allow our experts to better assess sports-related concussions and return athletes to safe playing condition.

NEED MORE INFO?

Call our 24/7 Concussion Hotline to talk to a sports medicine expert at (614) 566.GAME (4263) or visit [OhioHealth.com/SportsMedicine](https://www.ohiohealth.com/SportsMedicine)
Same-day appointments available