

# Foot and Ankle Update

## Casper Orthopedic Associates



### "Head Injury and Return to Sport"

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Concussion in Sport Symposia  
August 2008 Casper Ortho Asso  
307-265-7205 Call for Info  
Ask for Nancy in Phys Therapy

## Concussion

The leading cause of death in sports-related injury is traumatic brain injury. The symptoms of traumatic brain injury (TBI) can be mild moderate or severe. In 2006, there were an estimated 319,339 sports-related head injuries according to the Consumer Product Safety Commission. Football accounted for 44 TBI deaths from 1995-2004.

## Return to Play

The following recommendations are based on the 2004 National Athletic Asso Trainer's recommendations. Athletes should not be returned to play if symptomatic. Any athlete with LOC or amnesia should not be returned to play the day of injury. Athletes may be returned to play if symptoms resolve in 20 minutes **and** remain w/o symptoms after 20 minutes of test exertion. Athletes who return to play should be monitored for 24-48 hrs after play. Athletes with LOC or amnesia > 15 minutes should

Symptoms of concussion include **vacant stare, slurred speech, disorientation, amnesia, memory deficits, and incoordination.** Concussion can be divided into 3 categories. **I:** Transient confusion, no loss of consciousness (LOC), symptoms resolve <15 minutes. **II:** Transient confusion, no LOC, symptoms including amnesia last > 15 minutes. **III:** Any LOC. More current trends are to individualize grading based on symptom resolution over several days. Athletes should be referred to a physician the day of injury. Athletes not returned to play the day of injury due to prolonged symptoms, LOC, or amnesia may need more formal assessment prior to return to play. Sideline assessment/post concussion monitoring tools are available as well as home instructions. I have posted these on [mattmitchellmd.com](http://mattmitchellmd.com). It should also be remembered that pediatric injuries (<18 yr) are more serious and require more conservative treatment. The montage "When it doubt take them out" is important to emphasize.

## Conclusion

Trends in concussion management include more individualized assessment and the need for evaluation many days after injury. Pediatric patients are special situations and require more conservative approach. For more information, consult Guskiewicz et al. **Journal of Athletic Training** Sept 2004. I would like to thank Joe Sramek M.D. neurosurgeon WMC for his help on this article. Call 307-265-7205 for info on Aug 2008 Head Injury Symposia (Nancy)



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