

Brochures to Print or Order from the Website

- ABIN-PA Services
- Brain Injury Basics
- Building New Lives
- Changes in Your Loved One
- Children Require Rehabilitation
- Criminal Justice
- Customer Service
- Definitions
- Discharge Planning
- Domestic Violence
- Everybody Knows Somebody
- Families
- Financial Planning
- Healing Strategies
- Law Officers: Info & Strategies
- Medication Record
- Partnering with Professionals
- Planning Your Recovery
- Professionals You May Meet
- Public Benefits
- Rehabilitation
- Seniors
- Sports
- Suicide Prevention
- Telephone Book
- Veterans

Brain Injury Resources

- ABIN-PA InfoLine 800-516-8052
www.abin-pa.org
- Area Agency on Aging (phone book)
- BIAA Help Line 800-444-6443
www.biausa.org
- BIAPA Resource Line 866-635-7097
- Brain Injury Help Line 866-412-4755
(PA DOH free literature, books)
- CHIP 484-477-2948
(Children's Health Insurance Program)
- Disability RightsNetwork
(SpEd, TBI, SS) 800-692-7443
- Elks Nurses (PA) 814-781-7860
(care plan if disabled before 22)
- Head Injury Program 717-772-2762
(1 year of rehab, \$100,000 max)
- Health Law Project 800-274-3258
(help with public benefits)
- Legal Aid (PA) 800-322-7572
- Meals on Wheels www.mealcall.org
- Medicaid Waivers 877-550-4227
(Help at home, COMMCARE)
- Medical Assistance 866-542-3015
(some adults, all disabled children)
- Medicare Coverage 800-633-4227
(24/7 line, A & B in-home services)
- Medicare Denials 800-322-1914
- Social Security 800-772-1213
(survivors, disability, low income)
- Special Ed Consult Line 800-879-2301
- Special Needs Help 800-521-6860
(Medicaid rehab for children)
- Vocational Rehab www.dli.state.pa.us

SPORTS CONCUSSION: THE RISK OF A LIFETIME



ACQUIRED BRAIN INJURY
NETWORK OF PENNSYLVANIA
Office: 1-215-699-2139
Messages: 1-800-516-8052
Fax: 1-215-699-5139
Email: info@abin-pa.org
Website: www.abin-pa.org

The “Second Hit”

A sports concussion or traumatic brain injury is a jolt that injures nerve cells in the brain.

While the brain is repairing that damage, another concussion is called a “Second Hit”.

Damage from a “Second Hit” can cause death or require a long period of recovery with significant disability.

Coaches, Staff, Families and Team Members who understand the “Second Hit” can support each other in taking the time needed to heal before returning to play.

Action Plan

1. Train Coaches, Staff, Team Members & Parents in signs & symptoms and on-field testing.
2. Distribute wallet cards to all.
3. Coaches & Staff use on-field testing for potential sports concussions to determine when it is safe to continue playing.
4. Staff & Family determine need for further attention.
5. Physician provides evaluation and approves return to play when healing is complete.

Signs—One or More (Observed by others)

Dazed or stunned. Confused about assignment. Forgets plays. Unsure of opponent or score. ANY loss of consciousness. Clumsy movements. Answers questions slowly. Behavior or personality change. Forgets events before hit. Forgets events after hit.

Symptoms—One or More (Reported by athlete)

Headache. Nausea. Balance problems or dizziness. Double or fuzzy vision. Sensitive to light or noise. Feeling sluggish. Change in sleep pattern. Concentration difficult. Memory problems.

Concussion Sequelae (Possible Long Term Effects)

COGNITIVE: memory. speed, word finding, concentration, judgment, spatial awareness, organization, planning, multi-tasking.

PHYSICAL: seizures, balance, spasticity, weakness, paralysis. vision, hearing, speech, headache, fatigue, smell, taste.

BEHAVIORAL: anxiety. depression. mood swings, impulsive, agitated, egocentric, unaware of others.

Safe Return to Play

Each season, 10% of athletes in contact sports have concussions. By following formal guidelines for return to play, they will be protected from dangerous “Second Hits”.

Inexpensive Wallet Cards are available that provide on-field guidance for safe return to play.

Consider providing one to every Coach, Staff Member, Team Member & Parent of a Team Member, so everyone works together.

On-field Wallet Cards for Coaches, Staff, Players & Parents

American Academy of Neurology
Sports Concussion Palm Cards
\$18 for 10, www.aan.com, Store

Brain Injury Association
800-444-6443, \$1.25 @,
www.biausa.org, Bookstore

Sports Concussion Program
University of Pittsburgh Medical
Center for Sports Medicine
412-432-3600
sportsmedicine.upmc.com
Search “On-field Cognitive Testing”