

What is a Concussion?

A concussion is a common but serious brain injury. It is the result of a direct or indirect force to the head. Even something as simple as a "ding" on the head, having "your bell rung" or what seems to be a mild bump or blow to the head can be serious.

More than 90% of concussions occur without any loss of consciousness.

Signs that can be observed include:

- Appearing to be dazed or stunned
- Loss of consciousness (even briefly)
- Confusion
- Memory loss
- Moving clumsily
- Slow to answer questions
- Behavior or personality changes

Symptoms frequently reported include:

- Headache
- Balance deficits
- Fatigue
- Nausea/vomiting
- Sensitivity to light
- Sleep disturbances
- Feeling "foggy"
- Vision problems

It is important to see a physician with specialty training in concussion management if you suspect a concussion may have occurred.

St. Charles Hospital is proud to offer student athletes the latest advancements in concussion management...

Baseline Testing:

Baseline testing is one component of a comprehensive concussion management program. If a concussion is suspected, a follow-up test can be administered to detect subtle changes in cognitive function. The comparison of test results is part of a complete assessment that assists the physicians in developing an individual's treatment plan.

- Utilizing the ImPACT™, neurocognitive computer test, clinicians from St. Charles Hospital's Think Smart Program partner with school districts to implement a concussion management protocol which includes baseline testing for student athletes
- Individual baseline testing is also available at St. Charles Hospital
- Education is essential. Our expert clinicians are available to provide education to coaches, trainers, students, and parents

Call the
Think Smart
Concussion Management Program
with questions about the program
or baseline testing
(631)-476-4323