



# CONCUSSION MANAGEMENT CARE

JOSEPH BERNARD, DO / MARK REEDER, MD

*At Core Orthopedics, we have developed a comprehensive Sports Concussion Management program to evaluate, manage and safely return sports athletes to play. Our Core Physicians and Exeter Hospital sports medicine team of concussion management experts is comprised of sports medicine physicians, neurologists, neurosurgeons, certified athletic trainers, physical and vestibular rehabilitation therapists as well as other specialists who can assist in the diagnosis and management of sports concussions. We utilize the most current practices, guidelines and assessment tools to treat athletes of all ages and skill levels.*

Joseph Bernard, DO and Mark Reeder, MD are the Physician Leaders and specialty trained concussion management experts. Their protocol follows the nationally-recognized Zurich and CDC guidelines for evaluation and management. Joseph Bernard, DO is a Credentialed ImPACT™ Consultant™ with specialized training in the latest concussion management tools available and has experience managing concussions at all levels of sports participation, including at the collegiate level as a UNH Team Physician. Core Orthopedics and our group of physician experts are also proud to be a partner with Seacoast United for concussion evaluation and management.

## What do we provide?

- Preseason ImPACT™ testing
- Post Injury ImPACT™ testing and interpretation by our team of experts
- Evaluation and recommendation for return to play or work
- Zurich and CDC guidelines for return to play protocol
- Concussion education for players, coaches, parents and school staff

# CONCUSSION IN SPORTS\*

## HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To recognize a concussion, you should watch for the following two things among your athletes:

- 1 A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.

AND

- 2 Any change in the athlete's behavior, thinking or physical functioning.

Athletes who experience any of the signs and symptoms listed below after a bump, blow or jolt to the head or body should be kept out of play until a health care professional, experienced in evaluating for concussion, approves them to return to play.

### Signs observed by coaching staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### Symptoms reported by athlete:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks or longer.

*"It's better to miss one game than the whole season."*

To schedule an appointment with one of our specialists, please call:

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