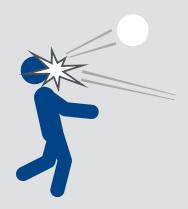
Barrow Concussion Network

Tips for Recovery





RECOGNIZE

- A concussion is a brain injury caused by a hit to the head or body.
- The brain moves quickly back and forth, hitting the skull.
- This causes a chemical change and sometimes the stretching and damaging of brain cells.

RESPOND / REFER

- If you see signs or the athlete complains of symptoms, remove them immediately from play.
- Inform the coach and parent of a suspected concussion.
- Refer to a medical professional with a background in concussion management.





RECOVERY

- Rest is the most important part of recovery.
- The athlete should not return to physical activity until given medical clearance.
- Discuss academic concerns with teachers.

Barrow Concussion and Brain Injury Center

(602) 406-HEAD (4323) | Concussion.BarrowNeuro.org | BarrowNeuro.org Contact: (602) 406-4762 | ConcussionDiscussion@BarrowNeuro.org

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