



# SPRINGWATER UNITED SOCCER ACADEMY

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## Concussion Information

A concussion is a neurologic injury which causes a temporary disturbance in brain cells that comes from and is the result of an extreme acceleration or deceleration of the brain within the skull. The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue, head or face, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

## What are the signs and symptoms of a concussion?

Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases, there may be no symptoms at all. If you suspect a concussion, or notice any of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

### Common signs and symptoms

Physical	Cognitive	Emotional	Sleep-Related
<ul style="list-style-type: none"><li>• Headache</li><li>• Pressure in the head</li><li>• Dizziness</li><li>• Nausea or vomiting</li><li>• Blurred vision</li><li>• Sensitivity to light or sound</li><li>• Ringing in the ears</li><li>• Balance problems</li><li>• Tired or low energy</li><li>• Drowsiness</li></ul>	<ul style="list-style-type: none"><li>• Not thinking clearly</li><li>• Slower thinking</li><li>• Feeling confused</li><li>• Problems concentrating</li><li>• Problems remembering</li></ul>	<ul style="list-style-type: none"><li>• Irritability (easily upset or angered)</li><li>• Depression</li><li>• Sadness</li><li>• Nervous or anxious</li></ul>	<ul style="list-style-type: none"><li>• Sleeping more or less than usual</li><li>• Having a hard time falling asleep</li></ul>

## Approved Concussion Testing Facility

Sports Medicine and Rehabilitation	<b>Dr. Avik Sarkar, Chiropractor</b> <b>Anik Sarkar, Sport Physiotherapist (Cert)</b> <b>Anna Yufa-Laserson, Physiotherapist</b>	Springwater 1017 Carson Rd, Suite 102 Springwater, Ontario, Canada L9X 0V7 <a href="https://www.sportsmedicine.on.ca">https://www.sportsmedicine.on.ca</a>
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