Concussions
An Underdiagnosed Problem for Athletes?

A concussion is a mild traumatic brain injury that is caused by a sudden blow or jolt to the head. This can happen during sport or recreation, when a player’s head hits another person, the ground, or sporting equipment. Some people try to “tough it out” and return to play after being injured. However, ignoring symptoms of a concussion and continuing to play after receiving a blow or jolt to the head can be dangerous, make symptoms worse, and delay recovery. Repeated concussions can lead to a longer recovery and may result in long-term problems. Screening tools include checklists of symptoms or quick tests that can help detect a concussion.

A study published in the July 2012 issue of JOSPT used these screening tools to measure changes in player function both before and after a football season.