

GSMC ARE PROUD SUPPORTERS OF THE



GSMC IS COMMITTED TO RAISING AWARENESS OF THE AUSTRALIAN SPORTS BRAIN BANK.

REDUCING THE INCIDENCE OF CTE AND CONCUSSION MANAGEMENT - PARTICULARLY IN THE COUNTRY FOOTBALL CODE, AND MAKE REAL CHANGE IN HONOUR OF A DEAR FRIEND.

The mission of the Australian Sports Brain Bank (ASBB) is to understand the long term effects of repetitive head injury through a detailed examination of the brain. They provide accurate diagnoses for loved ones and use the donated tissue in research to prevent and treat brain diseases caused by brain trauma.

TO PLEDGE YOUR BRAIN TO RESEARCH VISIT WWW.BRAINBANK.ORG.AU

CTE is a form of brain disease that can occur at any age, and in most cases, the first symptoms occur years or decades after brain injury. CTE can currently only be diagnosed by examining the brain after death.

Signs of CTE may include problems with thinking and memory, personality changes, and behavioural changes. These symptoms are not uncommon in many brain diseases. We need to understand CTE so that we can diagnose it in living people and develop effective treatments.

WHAT IS A SPORTS CONCUSSION ASSESSMENT TOOL VERSION 5 (SCAT 5)

Pre-season SCAT5 Testing is a standardised tool used for evaluating concussions designed for use by physicians and licensed healthcare professionals. The SCAT5 is useful for evaluating athletes aged 13 years and older and interpreting post-injury test scores.

CONTACT US FOR MORE INFORMATION ON:

- Concussion Management
- Return to play guidelines
- SCAT5 Concussion Baseline testing
- Or to book in with our in-house Concussion Physio for management of ongoing symptoms.



About GSMC

- All-access 70sqm hydrotherapy pool, cold therapy, and spa suite
- A 470 sqm Functional strength & conditioning commercial gymnasium
- 15 modern suites for allied health including Physio, Podiatry, Massage, Myotherapy, Dietitian, hand therapy and specialist consultation
- Pilates, yoga, and well-being studio
- Occupational health & fitness education & training room
- Chronic illnesses and health programs

1-5 BALLARAT ROAD, GEELONG VICTORIA, 3215

INFO@GSMC.NET.AU

5222 2047



FITNESS LAB



CONCUSSION

#IfInDoubtSitItOut

CONCUSSION

WHILE CONCUSSIONS AND OTHER BRAIN INJURY CAN HAPPEN IN EVERYDAY LIFE, SOME PEOPLE ARE EXPOSED MORE THAN OTHERS, IN PARTICULAR, CONTACT SPORTS-PEOPLE.

If managed appropriately, most symptoms and signs of concussion will disappear. However, complications can include prolonged symptoms and brain disease.

#IfInDoubtSitItOut

SYMPTOMS

Common symptoms include:

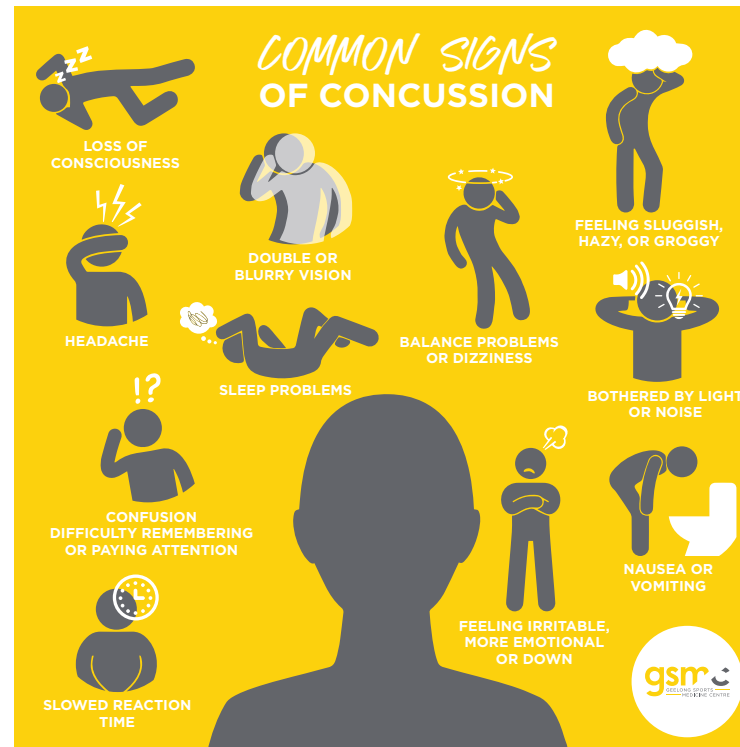
- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy or groggy
- Feeling irritable, more emotional or "down."
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

It is important to urgently see a doctor if the individual has any of the following:

- Seizure or convulsion
- Double vision, incoordination, clumsiness or walking abnormality
- Loss of consciousness or becoming progressively more drowsy
- Weakness and tingling in your arms or legs
- Vomiting
- Severe headache
- You are worried you have a skull fracture or you develop two black eyes or bruising behind the ear after your concussion
- Not acting normally, including abnormal drowsiness, increasing agitation, restlessness or combativeness.

Once a concussion has been diagnosed, and a more significant brain injury ruled out, the following acute concussion management strategies are recommended:

- Staying in a dark room is NOT recommended.
- Avoid alcohol at all cost
- If you have a sore neck or dizziness after the concussion, seek treatment promptly from a qualified health professional (eg. physiotherapist).
- See your GP if you need time off work or school or reduced hours of work/study
- ONLY 24-48 hours of relative rest, then a graded return to symptom-limited activity. Do what you can without making your symptoms significantly worse.
- As you start to feel better, gradually increase the amount that you are doing
- An anti-inflammatory diet may assist with reducing symptoms - speak to a doctor or a clinical dietitian for further information.
- If symptoms worsen significantly, you should re-present to ED/GP.
- If symptoms persist longer than 2-3 weeks, refer to a health professional experienced in managing concussion.
- Remember that in 70 - 80% of people, concussion symptoms resolve within 1 month.



COURSE OF ACTION

Step 1 - Suspected concussion

Remove the player from the field for a concussion assessment immediately following a bump or blow to the head or body. If unsure, remove the player from the game.

Step 2 - Assessment

The player will be assessed for a concussion using the SCAT5 Baseline test. If a medical professional is not in attendance or a baseline test has not been completed prior, a concussion cannot be ruled out and the player should not be allowed to return to the field. Concussion symptoms may not be noticeable for hours and days.

Step 3 - Diagnosis and treatment

It is important to seek further medical advice from a GP or an emergency department if you have any of the symptoms listed on the attached flyer. They will advise of the recommended course of action.

Step 4 - Initial rest

Following a concussion it is recommended the player rest from physical and mental activity for the first 24-48 hours. This time frame may vary depending on the player's symptoms.

Step 5 - Gradual return to activity

As symptoms of concussion subside the player can return to gentle activity within the limits of their symptoms. The player should gradually return to increased levels of activity and training.

Step 6 - Clearance

Prior to return to contact training and matches the player will need to receive clearance from a medical professional. The timing varies depending on the severity of the concussion.

ONGOING SYMPTOMS & MANAGEMENT

Consult your GP or speak to a Concussion Physio if you suffer from ongoing symptoms.

A concussion physio can help you manage symptoms such as headache, visual deficits, vestibular (dizziness) issues, balance issues, and neck pain. They can improve outcomes and speed recovery, and prevent long-term problems, plus provide you with advice on a safe return to play, school or work.

#IfInDoubtSitItOut