

What can I expect?

Concussion typically results in the rapid onset of short-lived impairments that resolve spontaneously over time. You can expect that you will be told to rest until you are fully recovered (that means **resting your body and your mind**) and to ensure that you are well hydrated as well as maintain a healthy diet. Your doctor will likely advise that you go through a gradual increase in exercise over several days (or longer) before returning to participation. It is important to refrain from using any drugs or alcohol while showing signs and symptoms of a concussion.

Signs to watch for:

Problems could arise over the first 24-48 hours. You should not be left alone after being diagnosed with a suspected concussion and must go to a hospital at once if experience any of the following:

- Decreased consciousness
- Increased confusion
- Increased irritability/combatative
- Numbness, tingling, or weakness in extremities
- Unequal pupil size
- Vomiting
- Difficulty speaking
- Seizures
- Worsening headache
- Neck pain/tenderness
- Double vision
- Severe/increasing headache

It's okay to:

- Use acetaminophen (Tylenol) for headaches
- Go to sleep
- Use an ice pack on the head/neck as needed
- Eat nutritious meals
- Return to school
- Rest

It's not okay to:

- Take NSAIDs such as Aspirin, Ibuprofen (Advil)
- Drink alcohol or partake in the use of any non-FDA regulated drugs

Avoid:

- Exercising
- Partaking in activities that exacerbate symptoms

There is NO need to:

- Wake up every hour

The Department of RecSports requires that you consult your doctor after any suspected concussion. You must bring a physician's clearance note in order to be eligible to resume participation in a RecSports program. The physician's note must be submitted to the Athletic Training Room located in Southwest Recreation Center in room # 140E. Clinic Hours are from 4:00pm – 8:00pm Monday – Thursday as well as Sunday – Thursday during intramural hours.

If you are a Sport Club participant, you will be required to complete the Return to Play Protocol following the retrieval of a physician's clearance note.

****DO NOT TAKE ANY ASPIRIN, IBUPROFEN (ADVIL)****

- If at any time you have questions or concerns regarding your injury please contact the RecSports Athletic Trainers at:
 - Email: RSathletictrainers@recsports.ufl.edu
 - Phone: 352.273.2439
 - Room #140 E Southwest Recreation Center (inside the Training Center)

Rate the severity of each symptom on a scale of 0-6. 0 indicates you are not currently experiencing that symptom (rate symptoms based on how you feel now). Complete this checklist around the same time every day after initial injury. Add symptom scores and report final number at the bottom of each column (maximum possible 132). Once all your symptoms have returned to zero, it is appropriate to seek a physician or certified medical professional to obtain your written clearance note.

0 = None 1 = Mild 3 = Moderate 6 = Severe

Symptom	Date & Time:	Date & Time:	Date & Time:	Date & Time:	Date & Time:	Date & Time:	Date & Time:	Date & Time:
Headache								
"Pressure in head"								
Neck Pain								
Nausea or vomiting								
Dizziness								
Blurred vision								
Balance problems								
Sensitivity to light								
Sensitivity to noise								
Feeling slowed down								
Feeling like "in a fog"								
"Don't feel right"								
Difficulty concentrating								
Difficulty remembering								
Fatigue or low energy								
Confusion								
Drowsiness								
Trouble falling asleep								
More emotional								
Irritability								
Sadness								
Nervous or anxious								
Total # of Symptoms:								
Total Score:								