

Strongsville Athletic Training & Southwest General Sports Medicine



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Assistant Athletic Trainers

Head Injury Instruction Form

Date: _____

_____ has suffered a head injury. Although the athlete is currently alert, conscious and shows no signs or symptoms of a serious brain injury, a potentially catastrophic result can still occur, leading to permanent nerve damage or even death. Occasionally, following even the mildest head injuries, blood will slowly accumulate, causing compression of the brain hours or even days after the initial injury. Thus, the following guidelines should be followed in conjunction with the physician's or athletic trainer's advice.

1. Should not participate in any activity. This includes video/computer games/usage, texting, etc.
2. The injured athlete should never be alone for the first 24 hours after the injury.
3. The athlete should be awakened one to two times at night to establish arousability and alertness.
4. The following signs & symptoms (complaints) mandate immediate emergency room evaluation:
 - Blood or watery fluid emanating (coming out) from the ears or nose.
 - Unequal or dilated pupils.
 - Difficulty with speech, that is slurred or garbled.
 - Asymmetry of the face.
 - Increased swelling along the scalp.
 - Hard to arouse, irritable or stupor (reduced sensibility)
 - Change in mental status (inability to concentrate or understand directions, alertness or consciousness)
 - Double or blurred vision.
 - Severe headache.
 - Increased incoordination (clumsiness) or weakness in the arms & legs.
 - Vomiting.
 - Loss of memory.
5. Do not take any ibuprofen or NSAID (non-steroidal anti-inflammatory drug). Consult with your physician prior to taking acetaminophen (Tylenol).

Please realize the above are only guidelines to assist you. If a sign or symptom develops that is new and is not mentioned above, stay conservative and have the athlete evaluated by a physician immediately.

Your son / daughter was/was not evaluated today by the team physician / athletic trainer at the high school. Please feel free to contact the school athletic trainer if you have any questions. Thank you,

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