

## HOW WE CAN HELP: OHIOHEALTH SPORTS MEDICINE CONCUSSION MANAGEMENT

In the split second that it takes two helmets to collide, a high school football player's Friday night can turn into a weekend of headaches, confusion and nausea. Such is the result when a head injury leads to a sports-related concussion. In the past, athletes have ignored these troubling symptoms or tried to fight through the pain.

Oftentimes, they were afraid of losing their spot on the roster or they just did not recognize that they had sustained a serious injury. Unfortunately, the risks of re-injury may result in serious lifelong symptoms. OhioHealth Sports Medicine has established the Sports Medicine Concussion Management Program to support the athletes of central Ohio and help increase awareness about the importance of early identification and treatment of sports-related concussions.

The first step in helping the athletes is identifying when a head injury has caused a concussion and protect them from further harm. OhioHealth has assembled a specialized team of concussion experts to provide expert care which begins the moment a concussion has occurred and supports the athlete until his or her safe return to the field.

The Concussion Management Program utilizes expert physician care, computer-based testing along with the latest research and treatments in the field of sports-related concussion. Computer-based neuropsychological testing will include ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing). This program, which is currently used in the National Football League and National Hockey League, offers additional information regarding the brain function of the injured athlete and can be compared to a pre-injury or baseline test. Our caring professionals will offer education, guidance and treatment every step of the way.

Take the confusion out of this injury by contacting your trusted healthcare provider. For more information please call, (614) 4-HEALTH or visit [www.GetInTheGameOhio.com](http://www.GetInTheGameOhio.com)



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