

MIT SPORTS MEDICINE

Home Instructions Sheet_ Club Sport Student-Athletes

You are viewing this home instruction sheet and educational material because you have either sustained a concussion or are being monitored for a possible concussion. This document will provide you with information on the definition of a concussion, signs and symptoms to be aware of, recommendations to limit physical and cognitive activity and ways to obtain academic accommodations (if needed).

Definition of a concussion

According to the American Medical Society for Sports Medicine¹ and the Concussion in Sport Group consensus statement², “a concussion is a traumatic brain injury induced by biomechanical forces. A concussion may be caused by a direct blow to the head, face, neck, or elsewhere on the body with an impulsive force transmitted to the head. This results in the rapid onset of short-lived impairments of neurological function that resolve spontaneously. The symptoms may be delayed in onset or initially unrecognized by the patient.”

Common Signs & Symptoms

Headache	Drowsiness	Blurred vision or vision issues	Balance Problems
Dizziness	Fatigue	Sensitive to light or noise	Troubled sleep or sleep changes
Neck pain	Nausea	Feeling slowed down or mentally foggy	Difficulty concentrating or remembering
Irritability	Sadness	Nervous or Anxious	More emotional

Seek immediate medical attention if any of the following occur:

<i>Inability to recognize people or places</i>	<i>Symptoms that significantly increase in severity</i>	<i>More symptoms continue to develop over time</i>
<i>Decreasing levels of motor control</i>	<i>Unable or difficult to wake up</i>	<i>Vomiting</i>
<i>Slurred or incoherent speech</i>	<i>Vacant stare</i>	<i>Seizure</i>
<i>Numbness or Tingling</i>	<i>Worsening headache</i>	<i>Decreasing level of consciousness</i>
<i>Abnormal pupils (unequal in size, dilated, or not reactive to light)</i>	<i>Increasing confusion</i>	<i>Increasing irritability</i>

Important Phone Numbers

MIT Police/MIT EMS (use for on-campus ambulance request): 617-253-1212

MIT Medical 24 Hour Phone Assistance: 617-252-4481

Off campus ambulance request: 911

Athletic Training Room (not a 24/7 number or for use during emergency): 617-253-4908

1. Harmon KG, Klugston JR, Dec K, et al. American Medical Society for Sports Medicine position statement on concussion in sport. *Br J Sports Med* 2019; **53**:213–225.

2. McCrory P, Meeuwisse W, Dvorak J, et al. Consensus statement on concussion in sport – the 5th international conference on concussion in sports held in Berlin, October 2016. *Br J Sports Med* 2018;**51**:838–847.

Until your next appointment with an Athletic Trainer, the following items are recommended:

DO NOT:	DO:
<ul style="list-style-type: none">• Consume alcohol or use recreational drugs• Operate a motor vehicle• Take any medications that may mask symptoms<ul style="list-style-type: none">○ Advil, Ibuprofen, or Aspirin• Participate in any physical activity or exercise	<ul style="list-style-type: none">• Take your prescription medication as directed by your health care provider• Hydrate and take in adequate fluids• Maintain a good diet• Aim to sleep more than typical for you• Nap during the day if needed

	<ul style="list-style-type: none"> • Limit the amount of screen time, video games, reading, and computer use • Limit exposure to loud noises and bright or strobe lights
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How to Follow-up with an Appropriate Health Provider

- Arrange an appointment/consultation with an Athletic Trainer: <https://clubsports.mit.edu/health-safety/athletic-trainer-office-hours/>
 - The Athletic Trainer will guide the return to play progression which will include a referral to Sport Medicine Physician; **this should be done after all concussions or concern for concussion.**
OR.....
- Arrange an appointment with MIT Medical Urgent Care: <https://medical.mit.edu/services/urgent-care>
 - Use the call first method, due to COVID-19 restrictions, there is a current suspension of walk-in services.
 - If you are seen first at urgent care, please then schedule an appointment/consultation with an Athletic Trainer (see above) for return to academic activity and physical activity plan

***These appointments should be made as soon as possible to ensure optimal recovery.** Failure to follow-up with a proper health-care provider and following the steps outlined above can significantly delay your recovery as well as put you at risk for further injury.

****COVID-19 Restrictions** – If you are a club student-athlete on a roster, but not on-campus/in the area of campus, please seek care from your local primary care provider or urgent care.

Due to your injury, a decrease in cognitive load or stimulus may be important to aid with recovery and healing. This includes reducing class attendance, reading, screen time, computer work, and p-sets. If academic accommodations are needed, please contact the one of the following departments to inform them that you are under medical observation for a concussion or possible concussion:

1. For undergraduate students:

- Student Support Services (S³):*
 - s3-support@mit.edu
 - 617-253-4861
 - Don't take any exams or submit any P-sets without discussing this with the Athletic Trainer or S³
- Disability and Access Services (DAS):*
 - Das-student@mit.edu
 - 617-253-1674

2. For graduate students:

- Office of Graduate Education (OGE)*
 - gradsupport@mit.edu
 - 617-253-4860
- Student Disability Services (SDS)*
 - Das-student@mit.edu
 - 617-253-1674

3. Professors:

- Consider notifying your professors and TAs about your injury and that a decrease in cognitive load or stimulus has been recommended by the MIT Sports Medicine Staff.
- Please let them know that you have been in contact with Student Support Services, Student Disability Services, or Office of Graduate Education and seeking academic accommodations through their office.