

CONCUSSION affects athletes at all levels, from recreational through to professional . . .



We offer a specialist follow-up **Concussion Service** to help guide players in their return to sport, work or school. We can:



- Diagnose and / or assess concussion with physical and cognitive tests
 - Offer guidelines on return to work, school and daily life
- Provide a follow up assessment (and clearance) for a safe return to play
- Provide referral to other specialists for further assessment, if required
- Assist you / your club on education for concussion & injury management.



What is concussion?

The Concussion in Sport Group (CISG) international Consensus Statement defines concussion as ‘a traumatic brain injury, induced by biomechanical forces’. It results from a direct blow to the head, face or neck; or a blow elsewhere on the body with an impulsive force transmitted to the head. It may or may not involve loss of consciousness, post-traumatic amnesia (memory loss) and seizures / convulsions.

Concussion is a brain injury that can affect any aspect of an individual’s brain (neurological) functioning e.g. cognition, emotional regulation, balance, reaction time, decision making, memory and problem solving.

If managed appropriately, most symptoms and signs of concussion resolve over a short period of time. However, prolonged symptoms can occur, known as post-concussion syndrome. Our Specialist Sport & Exercise Physicians and Registrars can identify persistent concussions symptoms and advise on the appropriate management.

Follow our S.A.F.E. steps for concussion

- S:** Stop play / activity
- A:** Attend a hospital ED if any loss of consciousness (other more severe brain injuries can be mistaken for concussion)
- F:** Follow up with Alphington Sports Medicine’s Concussion Service for diagnosis and/or assessment, and guidance
- E:** Examination with an experienced doctor for approval to return to sport, work or school

HeadCheck

A FREE evidence-based app to help identify concussion signs and manage recovery. It is designed by world-leading experts in collaboration with the AFL. It gives advice on the need for medical treatment and a personalised plan for recovery. It also provides education and specific tasks to aid symptom management. <https://www.headcheck.com.au/>

AFL Community Concussion Guidelines

Detailed guidelines on managing sport related concussion in Australian Football with a special supplement for the management of concussion in children and adolescents. <https://play.afl/clubhelp/resources/afl-community-concussion-guidelines>

Australian Institute of Sport (AIS) - Concussion in Australian Sport “If in doubt, sit them out”

Resources including the *Concussion and Brain Health Position Statement 2024*, *Australian Concussion Guidelines for Youth and Community Sport*, and supporting information for Athletes, Parents/Teachers & Coaches/Support Staff. <https://www.concussioninsport.gov.au/home>

Note: This is a guide only, it doesn’t replace proper medical assessment & consultation. A Doctor should be consulted before beginning any regimen or activity.