



A Note From Your TLGHA Team Trainer and Bench Staff

Your Trainer would like you to monitor your daughter for concussion like symptoms as she was involved in a play which may have put her at risk. There was an incident or mechanism at hockey today that caused an acceleration/deceleration of the head. This occurred through a fall, collision, direct impact or other.

If symptoms develop you must see a Physician (preferably a doctor with concussion experience, like a Sports Medicine Physician). Also, please refer to the TLGHA website for more concussion resources and the TLGHA Injury Protocol and Return-to-play form at <http://www.torontoleasidewildcats.ca/resources/>

This document provides some information on concussion mechanisms, symptoms, recovery and return to play. There are links to frequently used references for concussion.

How can I tell if I have a concussion?

1. [Hockey Canada Concussion Card](#)
2. [Concussion Recognition Tool 5](#)
3. [Signs of Concussion from Holland Bloorview Concussion and You Handbook](#)
4. [Dr. Mike Evans Concussion Video](#)
5. [Quick Facts for Parents about Concussion](#)

Concussion Do's and Don'ts: the first few days



The individual with concussion SHOULD:

✓ See a doctor or nurse practitioner for help

✓ The first 24–48 hours – physical AND mental rest!

Sleep at night, rest during the day.

✓ Take it slowly returning to daily activities and sport

Talk with your doctor or nurse practitioner about when you can return to work or school.

Talk with your doctor or nurse practitioner about a return to play protocol.

Talk with your employer or teacher about returning bit by bit.

As you start to feel better, it's important to get back to doing your normal activities as you can tolerate them. Start by doing just a little, and if you feel okay, then you can try to do a bit more. Take lots of rests and give yourself extra time.

✓ Conserve your energy

After a concussion, your brain has less energy to spare than it normally does. It is important to save physical and mental energy so that your brain can fully recover.

If symptoms return or you get new ones as you become more active, this is a sign that you are pushing yourself too hard.

✓ Take care of basic needs

Eating well can improve your mood, sleep and mental focus. Try to eat regular meals and snacks.

Stay away from stimulants such as coffee, caffeine, pop and energy drinks. Stimulants can put added stress on your brain.

Keep a regular sleep schedule. Talk to your doctor, nurse practitioner or health care provider if you have trouble getting a good night's sleep.

✓ Manage stress

Stress, emotional upset and worry can make symptoms feel worse and get in the way of doing things that will help you get better. Try to do things that help you relax and feel calm.

Talk about your worries with someone you trust—like your doctor, nurse practitioner, health care provider, family member, or friend – this can help you feel better. Let others know how they can help you.



The individual with concussion should NOT (until or unless your doctor or nurse practitioner says it's okay):

✗ Be woken up every hour

Increased sleep need is normal and necessary in the acute stage.

✗ Be put in a dark room; avoiding all activity

In the past, patients were told to have absolute rest and it is now accepted that light and cautious activity can be part of the healing process. Respect your brain and your body and have a conversation with your doctor or nurse practitioner about what this can look like for you.

✗ Exercise/play sports, heavy household chores, or any activities that could lead to another concussion or cause symptoms to worsen

Some people who have had repeated concussions may have serious long-term problems, including chronic difficulty with concentration, memory, headache, and sometimes physical skills (e.g., balance and coordination).

✗ Return to full study or work

Sometimes the demands of work/school can trigger symptoms following a concussion. You may need to take some time off work/school to rest and recover; or reduce your responsibilities for a short period of time.

✗ Use electronic devices (e.g., looking at computer, phone, tablet, and TV screens)

✗ Drive, ride a bike, or work with machinery or ladders

Reaction time, vision, and thinking may be impaired by a concussion. Do not drive a car until your doctor or nurse practitioner advises you it is okay.

✗ Use non-prescription drugs, including alcohol

Using non-prescription drugs (including alcohol) may add to concussion symptoms and increase recovery time. Only take medications your doctor has approved.

How long does it take to feel better?

Concussion recovery is different for each person. Most people with a concussion make a full recovery and the symptoms usually only last a few days. For some people it can take several days, weeks, or even longer to feel better. Read more at <https://sunnybrook.ca/concussion/?page=bsp-concussion-getting-better>

More information about Recovery at:

[Parachute Concussion Information](#)

[Fact Sheet On Concussion](#)

[Holland Bloorview Concussion Recovery](#)

[Ontario Ministry Concussion Guidelines](#)