

**Recommended providers:**  
We strongly recommend choosing a physician trained to use the **ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing)** concussion management program.

## ImPACT Certified Providers

### Richmond



**Dr. Brayton Kiedrowski**  
*Reid Health Comprehensive  
Bone & Joint Center*  
1400 Highland Rd., Ste. 1  
(765) 962-4444



**Dr. Tina Reichley**  
*Stateline Family Medicine*  
535 West Eaton Pike  
(765) 935-8862

**Various Providers**  
*Reid Health Residency Clinic*  
795 Sim Hodgkin Pkwy.  
(765) 966-5949 (Call for availability)

### Cambridge City



**Nicole Patterson, NP-C**  
*Reid Health Primary &  
Specialty Care-Cambridge City*  
1154 South St. Rd. 1, Ste. 1  
(765) 478-6108

### Winchester



**Dr. Daniel Wegg**  
*Reid Health Primary &  
Specialty Care-Winchester*  
386 Symmes Center Dr.  
(765) 584-6600



**Jeffrey Baron FNP-BC**  
*Reid Health Primary &  
Specialty Care-Winchester*  
386 Symmes Center Dr.  
(765) 584-6600



**Cierra Fisher, FNP-C**  
*Reid Health Primary &  
Specialty Care-Winchester*  
386 Symmes Center Dr.  
(765) 584-6600

  
**Reid Health**  
This is who we are.

# Caring for Your Athlete after a possible concussion

**TEAM**  
Sports Concussion Management  
**up!**

**A concussion is a brain injury caused by a bump, blow or jolt to the head** that can change the way your brain normally works. It can also occur from a fall or a blow to the body that causes the head and brain to move quickly.

When treated properly, concussions are usually not life-threatening. Even so, their effects can be serious.



**“Reid has been at the forefront of concussion care. Bringing ImPACT testing to the area allows everyone involved to have another tool to use in providing proper care of concussions. They provide comfort where concussions are concerned.”**

**- Neal Adams, Union City High School**

 **Reid Health**  
Sports Medicine

[ReidHealth.org](http://ReidHealth.org)

# What to do if you suspect a concussion

The best guideline is to note symptoms that worsen and behaviors that seem to represent changes in your son/daughter.

## Concussion Symptoms

### Common Symptoms:

- Headache
- Balance problems
- Sensitivity to light of sound
- Feeling sluggish, groggy, or just not right
- Ringing or pounding in the ears
- Concentration/memory problems/forgetful
- Dazed or stunned appearance
- Confusion/disorientation
- Clumsy
- Slow to respond/answer questions
- Mood, behavior or personality changes

### Require Emergent Care:

- Seizure
- Decreased heart rate or respiration
- Slurred speech
- Difference in pupil size or abnormally large pupils
- Nausea or vomiting
- Double or blurry vision
- Severe neck pain
- Intense headache that continues to get worse
- Amnesia

**Proceed to the nearest Emergency Department or call 911**

If, prior to an appointment with one of our sports concussion providers, you are concerned about your son's/daughter's condition, call your family physician or seek medical attention at the nearest Emergency Department.

# Caring for your athlete with a suspected sports concussion

### DO NOT:

- Participate in gym class, sports or any other form of physical activity
- Exercise or lift weights
- Drive while symptomatic
- Take Ibuprofen, aspirin, naproxen or other anti-inflammatory medications
- Drink alcohol

### Avoid the following:

- Activities that increase symptoms
- Computers, video games, television and texting
- Long periods of mental activity (take breaks)

### It is OK to:

- Use acetaminophen (Tylenol)
- Use ice packs on the head or neck
- Eat a light to normal meal
- Go to sleep
- Rest (no strenuous activity)

### There is no need to:

- Check eyes with a flashlight
- Wake up every hour
- Test reflexes

# Continuum of care and return to play checklist

- Your child should check in with the school's athletic trainer at the end of each school day
- Schedule a post-concussion examination appointment with one of Reid Health's Sports Concussion Continuum providers within 48-72 hours
- Take this folder and the injury summary form to the appointment with the doctor; read and understand your child's patient plan that will be given to you by the physician
- If necessary, take additional academic accommodations to your child's school and work with the school to get these accommodations put into place
- If necessary, schedule follow-up appointments: \_\_\_\_\_
- If necessary, schedule specialty appointments:
  - Neurology \_\_\_\_\_
  - Optometry \_\_\_\_\_
  - Other \_\_\_\_\_
- If, in-between follow-up appointments, you are able to go 24 hours without symptoms, call your concussion provider to move up your appointment
- Achieve baseline or better results on ImpACT
- Receive clearance from the physician to begin the Return To Play progression
- Take the Return To Play (RTP) authorization to your school's athletic trainer
- Complete the steps in the RTP progression (Max. 1 step per day) with your Athletic Trainer

- Phase 1**  Light activity
- Phase 2**  Moderate activity
- Phase 3**  Heavy activity
- Phase 4**  Heavy activity with contact (if necessary)
- Phase 5**  Get back in the game!

