Concussion
Traumatic Brain Injuries (TBI) can result from a number of activities, including sports. One common type of TBI is a concussion. Recognizing that a TBI has occurred is the first step in treating a child. Below is a list of common signs/symptoms that can occur as a result of a TBI.

A head injury resulting in one or more of these signs/symptoms should be treated as a TBI. The American Trauma Society, Pennsylvania Division highly recommends that all youth be examined by a medical professional after any form of head injury.

### Cognitive Signs/Symptoms
- Attention Difficulties
- Concentration Problems
- Mentally Foggy/Dazed
- Feeling Slowed Down
- Memory Problems
- Confusion/Disorientation
  - Forgetfulness
  - Increased Symptoms with Mental Activity
- Answers Questions Slowly
- Repeats Questions

### Physical Signs/Symptoms
- Headache
- Dizziness
- Fatigue
- Drowsiness
- Postural/Balance Problems
- Double or Blurred Vision
- Nausea/Vomiting
- Numbness/Tingling Down Limbs
- Sensitivity to Light or Noise
  - Seizures
  - Ringing in Ears

### Behavioral Changes
- Problems with Emotional Control
  - Sadness
  - Moodiness
  - Depression
- Anxiety/Nervousness
- Irritability/More Emotional than Usual
- Sleeping More/Less than Normal
- Trouble Falling Asleep/Staying Asleep
- Loss of Initiative

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