



If your child has not had baseline **ImPACT™** testing, you may call **Julie Carlson**, Ingalls Concussion Program coordinator, at **708.915.6824** to schedule this before the start of the next athletic season.

INGALLS URGENT AID CENTERS: When a concussion occurs, Ingalls Concussion Program works with you to get the best care available. Ingalls Urgent Aid Centers located in Calumet City, Flossmoor and Tinley Park serve as a 24/7 extension of Ingalls Emergency Department, offering same day evaluation and treatment for sports-related concussions. Diagnostic testing, including CT and MRI, are available at each Urgent Aid Center.

24-HOUR INJURY HOTLINE: The best way to prevent problems with concussion is to manage them effectively when they occur. If a concussion is suspected, your care begins with a call to the Ingalls Sports Network injury hotline at **708.915.OUCH**. Our Concussion Program coordinator is available day or night, including weekends, to arrange for your initial treatment.

PHYSICIAN REFERRALS WITHIN 24-48 HOURS:

Athletes should not return to play until allowed to do so by a physician experienced in the management of sport-related concussion. If a physician visit is requested, appointments can be made within 24-48 hours. Participating physicians in the Ingalls Concussion Program include primary care sports medicine experts, neuropsychologists, neurologists and orthopedic surgeons. The program coordinator will assist you to match you with a physician who accepts your insurance.

RETURNING ATHLETES TO SPORTS, SCHOOL AND OTHER ACTIVITIES AS QUICKLY AND SAFELY AS POSSIBLE

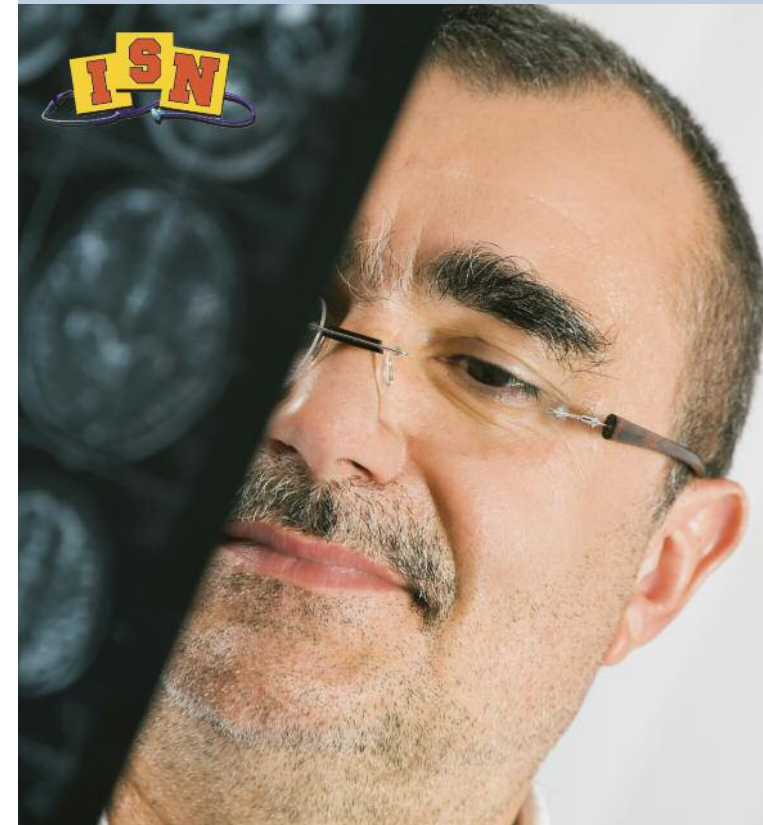
Immediate and proper sports-related concussion treatment is the key to staying in the game. Access to urgent care, expert physicians and a variety of specialty services is just a phone call away. Don't lose valuable playing time – call today!

Ingalls Concussion Program is dedicated to providing our patients with excellent services and professional medical management of sports-related concussions. For more information or to schedule an appointment with a participating physician, please call:

708.915.OUCH (6824)



INGALLS CONCUSSION PROGRAM



**“Excellence in
Concussion Management”**



A service of Ingalls Memorial Hospital

One Ingalls Drive
Harvey, IL 60426

www.ingallshealthsystem.org



Ingalls Concussion Program, a component of the Ingalls Sports Network, offers the experience and expertise to properly manage sports-related concussions. Our program incorporates the latest cognitive testing instrument (ImPACT™), a comprehensive team of medical professionals and a well developed plan to maximize recovery and a safe return to play.

CONCUSSION FACTS

- ▶ A concussion is a brain injury
- ▶ 10% of all athletes in contact sports suffer a concussion during their season
- ▶ 63% of all concussions occur in football
- ▶ An athlete who sustains a concussion is 4-6 times more likely to sustain a second concussion
- ▶ Premature return to play following a concussion can lead to potentially serious consequences



CONCUSSION SIGNS AND SYMPTOMS

- ▶ **Physical symptoms:** loss of consciousness; headaches; confusion; dizziness or loss of balance; fatigue; sensitivity to light or blurred vision; hearing problems; nausea or vomiting; seizures
- ▶ **Cognitive symptoms:** attention difficulties; concentration problems, memory problems; and/or orientation problems
- ▶ **Behavioral symptoms:** irritability; depression; anxiety; sleep disturbances; problems with emotional control; loss of initiative; or problems related to school management

OUR COMPREHENSIVE SERVICES

Concussion is a common injury, but is often difficult to diagnose and treat. Ingalls Concussion Program has been specifically designed to address the cognitive, physical, neurological, psychological and emotional challenges that athletes may be facing.

IMPACT TESTING: Ingalls Concussion Program is pleased to offer area athletes the ImPACT™ (Immediate Post-Concussion Assessment and Cognitive Testing) program. This computerized neuropsychological test provides clinicians with invaluable information that can help take the guesswork out of concussion management and promote safe return-to-play decisions for athletes. ImPACT™ is the concussion management program used by all 32 NFL teams, more than 1,000 high schools and over 300 colleges and universities.

The ImPACT™ test data, in addition to a comprehensive evaluation, will enable Ingalls' concussion management team to make decisions regarding follow-up treatment and return to play.

