



2015 - 2016 Concussion Report
October 5, 2016

2015 – 2016 Concussion Statistics

SHS Athletes = 28

OMS Athletes = 0

Concussions
occurring during
school* = 7

Concussions
occurring outside
of school
activities** = 66

TOTAL = 101

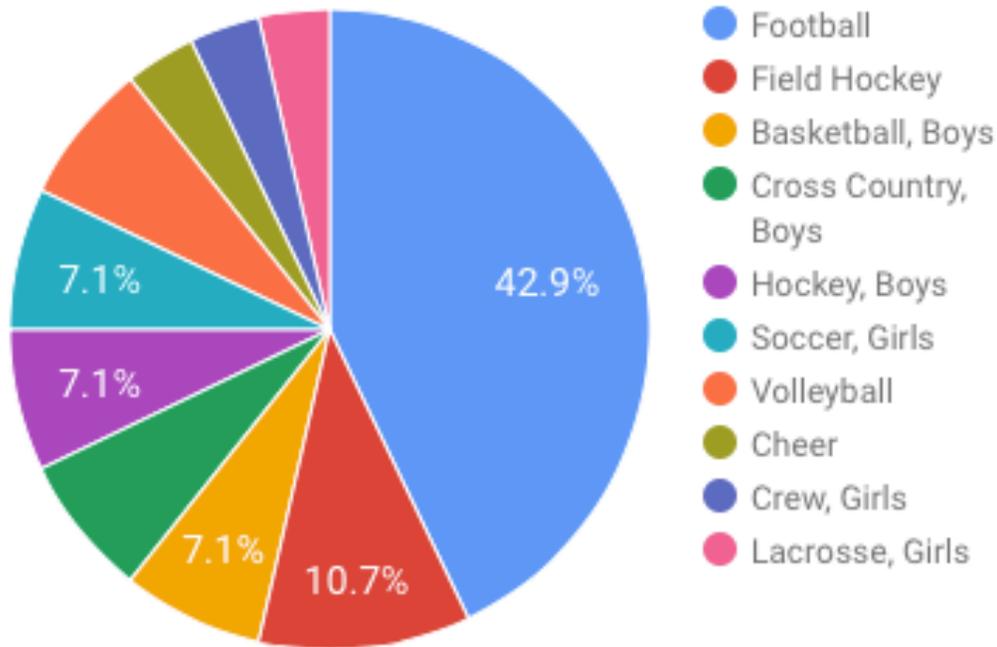
* Injuries occurred at recess, PE class, etc

** Includes injuries that occurred during athletic activities outside of school, auto accidents, falls at home, etc

Breakdown by SHS Sport

Total SHS sports related
concussions = 28

Number of Concussions by Sport 2015-16



Football = 12

Field Hockey = 3

Basketball, Boys = 2

Cross Country,
Boys = 2

Hockey, Boys = 2

Soccer, Girls = 2

Volleyball = 2

Cheer = 1

Crew, Girls = 1

Lacrosse, Girls = 1

Concussion Data by Sport

Fall 2011- Spring 2016

	2011-12	2012-13	2013-14	2014-15	2015-16
Baseball	2	0	0	0	0
Basketball, Boys	1	2	3	0	2
Basketball, Girls	2	2	5	1	0
Cheer	5	1	3	2	1
Crew, Boys	0	2	0	1	0
Crew, Girls	0	1	3	0	1
Cross Country, Boys	0	0	0	0	2
Cross Country, Girls	0	0	0	0	0
Dance	1	0	0	0	0
Field Hockey	0	3	2	4	3
Football	19	13	16	26	12
Gymnastics	0	1	0	1	0
Hockey, Boys	1	4	0	2	2
Hockey, Girls	1	1	1	1	0
Lacrosse, Boys	4	1	1	2	0
Lacrosse, Girls	3	3	0	0	1
Ski	1	0	0	0	0
Soccer, Boys	1	2	2	5	0
Soccer, Girls	4	3	3	4	2
Softball	1	0	2	1	0
Swim, Girls	0	1	0	0	0
Track, Girls	4	1	3	0	0
Volleyball	2	1	3	0	2
TOTAL	52	42	47	50	28

Football Concussion Details

CAUSE	2013-14	2014-15	2015-16
Head to head contact during practice	5	7	2
Head to head contact during games	7	13	8
Hit to body	2	4	0
Other	2	2	2



Concussion Care

CONCUSSION

Recognition

Rest

Recovery

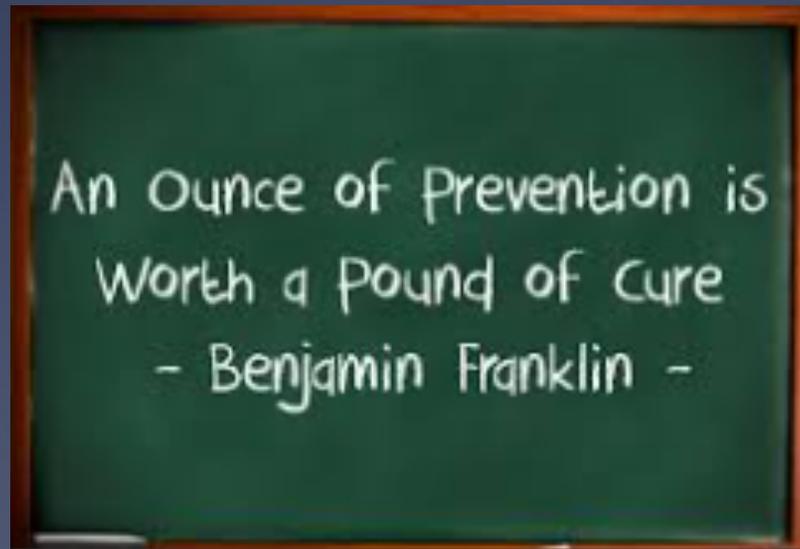


Return to Play Protocol

Return to Play Protocol		
Stage	Activity	Objective
No Activity	Complete Physical & Cognitive Test	Recovery
Light Aerobic Exercise	Walking, Stationary Bike <70%MHR NO Resistance Training	Increase heart Rate
Sports Specific Exercise	Running, Skating, etc	Add movement
Non-Contact Training Drills	More Complex Drills May Start Resistance Training	Exercise Coordination & Cognitive Load
Full Contact Practice	Following Medical Clearance: Normal Training Activities	Restore Confidence Coaches Assess Functional Skills

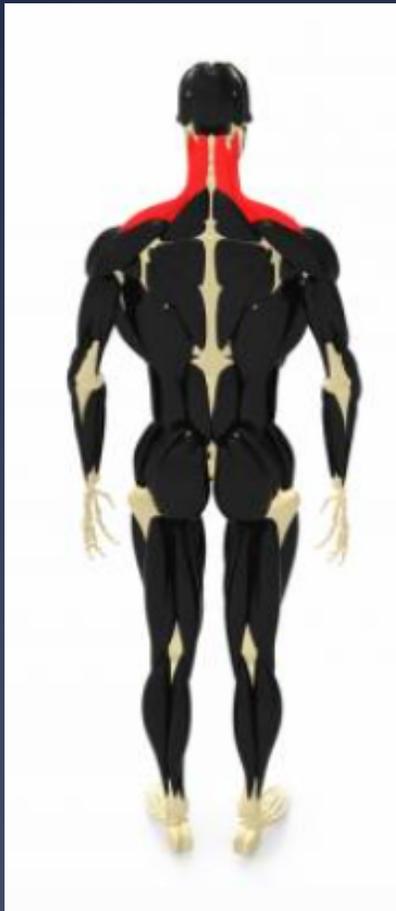
Prevention/Education

- * Athletes
- * Parents
- * Coaches
- * Teachers

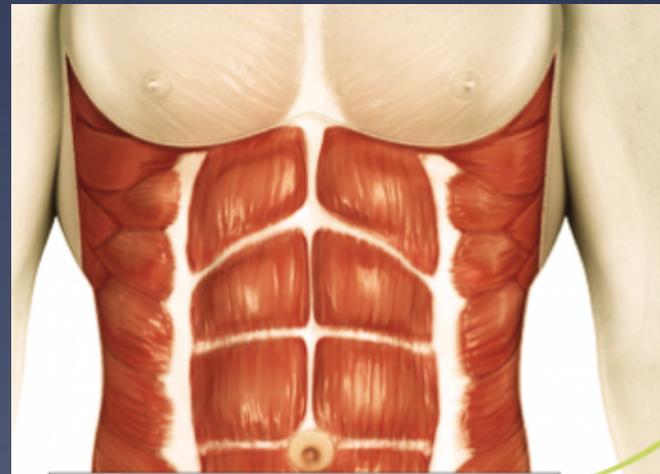


Prevention Efforts

Greater focus on strength and conditioning both in-season and off-season



- Neck strengthening exercises



- Core stabilization exercises

Prevention Efforts



Player training re:
proper hitting
technique

Post Concussion Syndrome

“Post-concussion syndrome is a complex disorder in which various symptoms — such as headaches and dizziness — last for weeks and sometimes months after the injury that caused the concussion.” - Mayo Clinic



Thank you!

Questions?