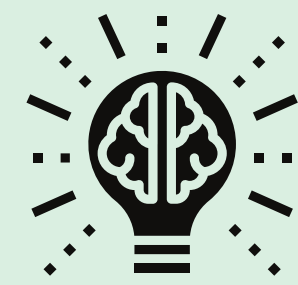


CONCUSSION

BASICS



1 A concussion is a type of brain injury

2 You don't need to be knocked out to have a concussion

3 If you have a concussion in training...STOP

Repeat head blows before recovery from a concussion could be dangerous and could slow your recovery

4

Concussions can happen in competition and in training

5

After a hit to the head, neck, body or takedown you can suffer a concussion

6

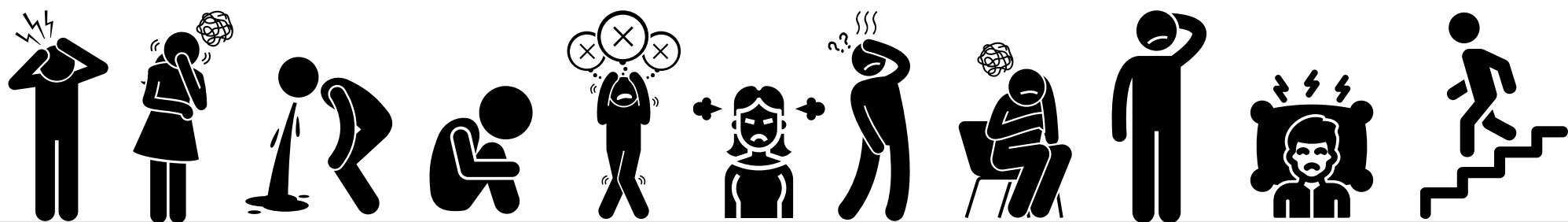
Concussions are not seen on standard brain imaging (CAT scan/MRI)

7



POSSIBLE SYMPTOMS

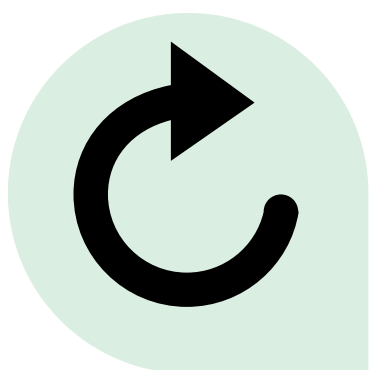
- Depression
- Anxiety
- Irritability
- Headache
- Nausea
- Vomiting
- Impaired thinking
- Slow reflexes
- Blurred Vision
- Balance issues
- Sleep Disturbances
- Coordination Issues



1

2

3



RETURN

You can go back to light activity a few days later with things like swimming, running and biking.
NO CONTACT TRAINING

Training intensity should not be increased if it makes your concussion symptoms worse

You should **NOT RETURN** to contact training until all concussion **SYMPTOMS ARE GONE** and you have been cleared by a doctor



HELP

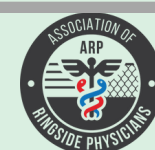
If you have a concussion you should see a doctor:

- Before you return to contact training/sparring
- If your symptoms change for the worse
- If your symptoms last more than 7-10 days
-

IF YOU NEED HELP WITH DOCTORS AND MEDICALS CONTACT @FIGHTINGFOUNDATION



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