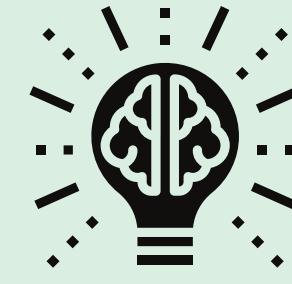


CONCUSSION

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

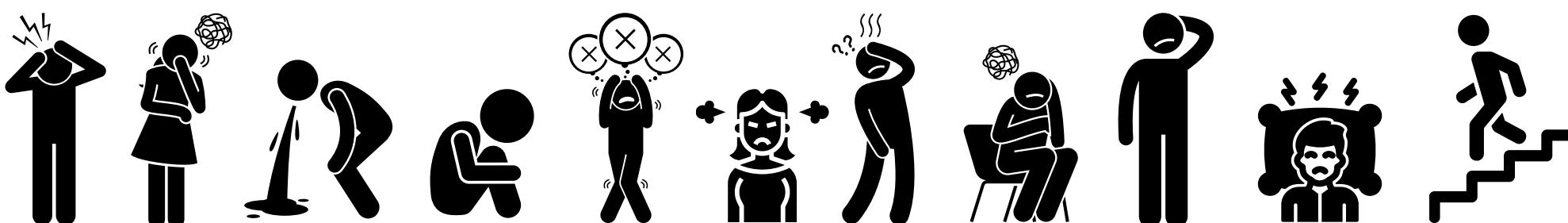
6

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

7

POSSIBLE SYMPTOMS

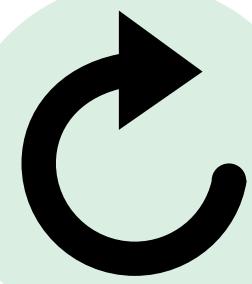
- Depression
- Anxiety
- Irritability
- Headache
- Nausea
- Vomiting
- Impaired thinking
- Slow reflexes
- Blurred Vision
- Balance issues
- Sleep Disturbances
- Coordination Issues



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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