

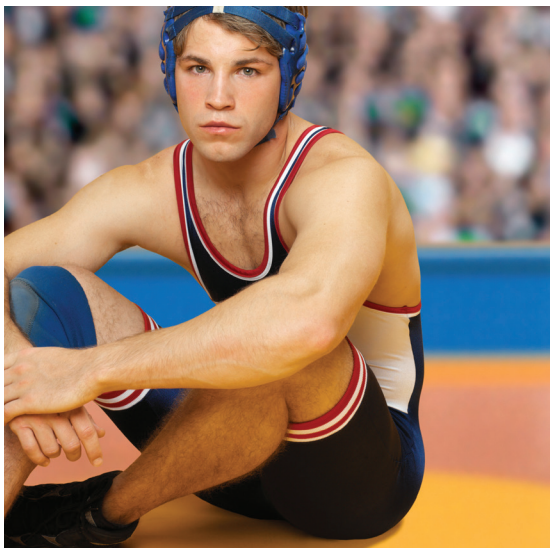
## Sports medicine care at CHKD

Our sports medicine program offers care for all medical issues that affect children's participation in sports, from concussions to orthopedic injuries to asthma. Medical director, Joel Brenner, MD, leads the concussion care team. Dr. Brenner is a nationally recognized expert in pediatric sports medicine and the only provider in the state who is board-certified in sports medicine – as well as adolescent medicine and pediatrics. He is joined on the team by Aisha Joyce, MD and David Smith, MD. Because we are part of Children's Hospital of The King's Daughters, quick access to neurologists, neurosurgeons, neuropsychologists and MRI and CT studies is available.

## Making an appointment

Patient appointments with Drs. Brenner, Joyce and Smith are available within 24-48 hours at one of our CHKD sports medicine clinics, located at our hospital in Norfolk or one of our Health Center locations at Princess Anne, Kempsville, Oyster Point and Oakbrooke.

For more information or to make a referral for a concussion or any other sports medicine problem, please call 668-PLAY (7529).



## Our Locations

### Norfolk

Children's Hospital of The King's Daughters  
601 Children's Lane  
and  
CHKD Health Center at Kempsville  
171 Kempsville Road, Building A

### Chesapeake

CHKD Health Center at Oakbrooke  
500 Discovery Drive

### Hampton

CHKD Health Center at Butler Farm  
421 Butler Farm Road

### Newport News

CHKD Health and Surgery Center at Oyster Point  
11783 Rock Landing Drive

### Virginia Beach

CHKD Health and Surgery Center at Princess Anne  
2021 Concert Drive



Children's Hospital  
of The King's Daughters

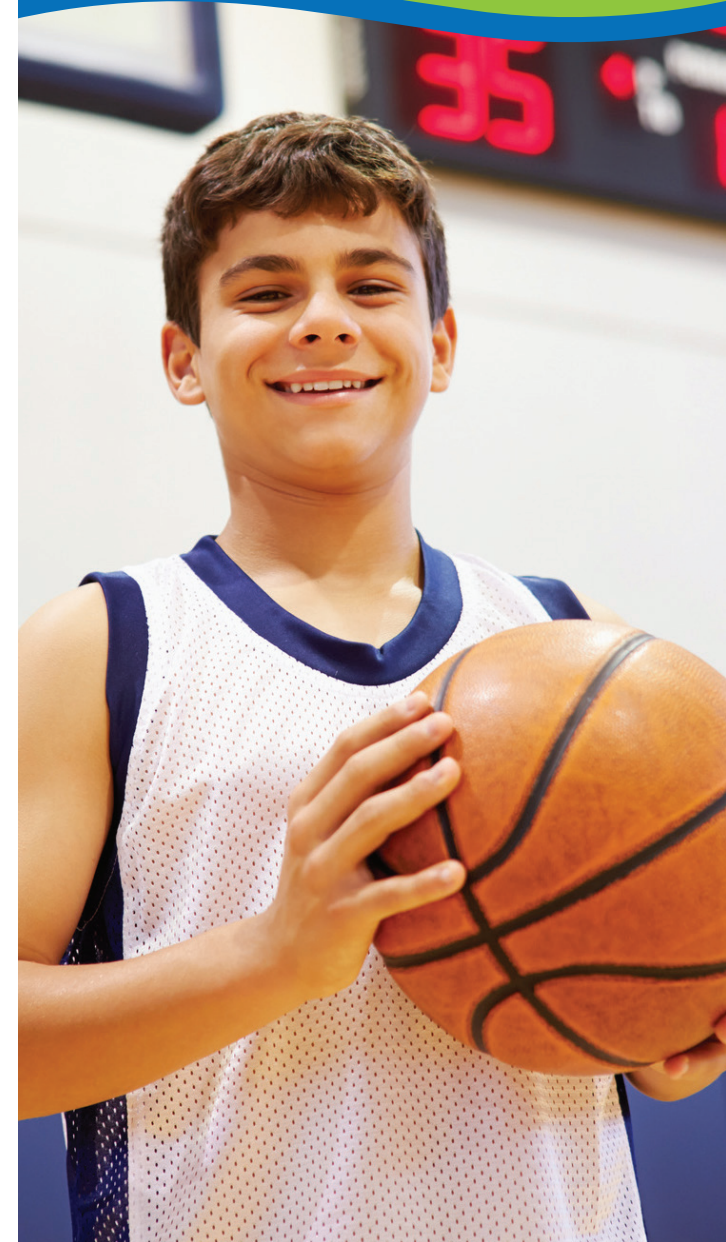
Sports Medicine

*Training and Treatment for Young Athletes*

(757) 668-PLAY (7529)

[CHKD.org/sportsmed](http://CHKD.org/sportsmed)

# Concussion Care



Sports Medicine

# Concussion Care at CHKD



## About concussions

A concussion is a traumatic brain injury. It is one of the most dangerous sport-related injuries children and adolescents can suffer. Many people believe that a concussion occurs only with a direct hit to the head or when an athlete loses consciousness (“passes out”). This is not the case. While an athlete who loses consciousness after a blow to the head will almost certainly have a concussion, most players with concussions do not pass out.

It is extremely important that a player who shows any signs of a concussion be removed from play immediately and evaluated by a physician experienced in treating concussions before returning to play, even if the athlete insists he or she is feeling fine. Young athletes are taught to be tough, but this is not a time to let them “shake it off.”

A young athlete’s developing brain is at risk for long term problems if not treated appropriately. A second blow to the head before the first one has healed could result in permanent, catastrophic brain injury – even death.



## Concussion Symptoms:

- headache
- confusion
- memory loss (asking questions like “what happened?”)
- appearing stunned or “in a fog”
- difficulty concentrating (especially in school)
- nausea
- double vision
- dizziness
- sleep disturbance

## Our patients

Some athletes come to us for follow-up care after they have been diagnosed with a concussion by a family doctor or emergency provider. Others come for diagnosis as well as treatment. We take care of recreation league, middle school, high school and college athletes and participants of all sports.

Athletes who have had previous concussions or who are still having symptoms from an earlier incident are of special concern, but every concussion is a serious brain injury, even when the symptoms it causes are mild.

## Evaluating concussions

Concussions can be severe or mild, and recovery time varies from athlete to athlete. We evaluate patients using the following:

- Symptom inventory
- Physical examination
- Balance testing
- Neuropsychological testing



One of the tools we use to determine the severity of a concussion and how an athlete is recovering is ImPACT, a state-of-the-art, non-invasive, computerized analysis of a person’s neurocognitive functioning (reaction time, attention span, memory, problem-solving, etc.). ImPACT is widely used by professional sports organizations and college programs. It measures reaction time to one-hundredth of a second, helping us make return-to-play decisions with extreme care, based on each athlete’s particular symptoms.

## ImPACT Baseline Testing

CHKD’s sports medicine program also offers baseline ImPACT testing, an assessment of an athlete’s normal neurocognitive functioning prior to a head injury. Having this record on file prior to a concussion makes our post-injury assessments even more precise. To find out more, please call 668-PLAY (7529).

## Components of treatment

- Accurate comprehensive evaluation and diagnosis
- Individual return-to-play treatment program
- Assistance with academic adjustments
- Medication management (if needed)