



# Head Injury Guidelines

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## Head injury information

**Any head, face or jaw injury has the potential to be dangerous. Take this information home to your parents and follow these important guidelines.**

### If any of the following occur, seek medical attention Immediately:

- Moderate, severe, prolonged or increasing headache
- Dizziness or poor balance
- Pupils of unequal size
- Nausea or vomiting
- Ringing in the ears
- Blurred or double vision
- Mental confusion and/or memory loss
- Convulsions
- Abnormal drowsiness or inability to awaken athlete
- Clear fluid or bleeding coming from ears or nose
- Moderate or severe neck and/or back pain
- Tingling, numbness or lack of control of arms or legs

- **Observe athlete closely**
- **Check for and Monitor the above symptoms**
- **Use no medications unless instructed by a physician.**
- **Allow only clear fluids & avoid excessive eating and drinking.**

*This information is not intended to be, and should not be used as a substitute for appropriate medical care. Consult your physician if your condition worsens or fails to improve despite treatment.*

## Second Impact Syndrome

### What is it ?

Second Impact Syndrome is a dangerous condition which can occur if an athlete returns to sports before full recovery.

If you receive a second blow to your head (even a relatively minor one) before the symptoms of the initial concussion have cleared, the consequences can be deadly.

A second blow to the head causes the brain to lose its ability to regulate blood flow properly.

Engorgement of the blood vessels occurs which places excessive pressure on the brain. This pressure can result in rapid respiratory failure, coma and even death.

### Prevention

Don't return to sports after a concussion until your signs and symptoms have completely cleared.

Always check with your doctor or Amy before returning to activity.