Concussion

Concussions happen at all levels of sport, from the earliest levels through the professional ranks. Potentially catastrophic if not detected early, concussions have ended the careers of many notable professional players--and it's estimated that in high school football alone, about 1 in 5 players suffers a concussion. The Heads-Up on Sport Concussion is a concise introductory book on sport concussion for professionals who work with athletes. It provides a comprehensive review of current literature on sport concussion, and it guides professionals in communicating with athletes, parents, and coaches regarding assessment, treatment, and other issues surrounding sport concussion. In The Heads-Up on Sport Concussion, the authors detail -what happens when the brain is injured; -appropriate assessment and evaluation tools; -sport-specific issues; -how medical organizations are addressing the issue of sport concussion; -medical and nonmedical treatment and rehabilitation strategies; -recent research on a variety of topics in sport concussion; and -essential information for coaches, athletes, and parents. This book is focused and authoritative in its treatment of a poorly understood medical problem. Providing clear clinical management strategies for sport concussion injuries, the text compiles the best available information from different resources and synthesizes the information with summaries and conclusions for easy comprehension. The material is enhanced further with photos and illustrations depicting MRI scans and brain images showing chemical reactions in the brain after an injury. In addition, the text identifies particular sports and sport activities that have the greatest incidence of sport-related concussions, and it reports on and critiques those strategies that are currently in place to combat sport concussion across different sport groups. In The Heads-Up on Sport Concussion, professionals in sports medicine, neurology, neurosurgery, and neuropsychology offer strategies for recognizing and treating sport concussion. The text provides appropriate research resources without getting bogged down by lengthy research critiques. Many chapters include a Research Digest section that identifies critical research data used in developing recommendations and conclusions. Additionally, an educational poster is available for download via the Internet for trainers, physicians, coaches, and sports medicine professionals to use to educate athletes and their families about the signs, symptoms, and treatment of concussion. The poster is available at HumanKinetics.com. The Heads-Up on Sport Concussion provides a current understanding of terminology, assessment, treatment, and criteria for return to play for a range of readers. Researchers, medical professionals, and health care specialists will have a more thorough grasp of the various aspects of sport concussion and thus be able to provide better care and education to athletes who sustain concussions. Its complete treatment of a critical topic makes this a must-read for anyone involved in the care and training of athletes.

Two soccer players collide on the field. A soldier in Afghanistan is thrown to the ground during a bomb explosion. A teen has an accident while riding her bike?and she isn't wearing her helmet. Each of these incidents can produce a traumatic brain injury (TBI). Of the 1.7 million Americans officially diagnosed with TBI each year, 52,000 die from their injuries. And that doesn't count all the unreported TBIs, which experts estimate range from about two to four million more incidents. TBIs range from concussions to penetrating head injuries to life-threatening brain swelling and coma. And they have countless causes: war, sports, car and motorcycle accidents, falls, and physical violence. The aftereffects can be devastating, including compromised memory and concentration, loss of hearing, physical disabilities, depression, brain disorders, and, in the worst-case scenario, death. Find out about the different types of TBIs, what causes them, and how they are diagnosed and treated. Along the way, you'll learn about National Hockey League player Derek Boogaard and U.S. Representative Gabby

Giffords, both of whom sustained TBIs, with dramatically different outcomes. You'll also meet teens and young adults living with TBIs and the doctors who treat them. And you'll learn about amazing medical technologies that help victims recover and promise hope for the future.
"Author of the GQ article 'Game brain,' the basis of the major motion picture Concussion"--Cover of movie tie-in printin
Between the growing numbers of children and adolescents playing sports and the increased attention to head injuries by the larger sports community and the general public, pediatric concussions are emerging as a major concern. And as practitioners are seeing more young clients with head injuries, questions arise about age-appropriate assessment, diagnosis, treatment, and return to activity. Pediatric and Adolescent Concussion: Diagnosis, Management, and Outcomes offers evidence-based guidelines where few previously existed. This comprehensive volume clearly explains the effects of traumatic injury on the developing brain in sports- and non-sports-related contexts, and establishes a framework for immediate and long-term management, especially the crucial first 24 hours. Chapters provide a basic grounding in its subject with a history of concussion as a medical entity and a review of definitional and classification issues, take the reader through the steps of a neuropsychological evaluation, pinpoint post-injury issues, and offer strategies for the prevention of further or future injury. Pediatric and Adolescent Concussion: Diagnosis, Management, and Outcomes serves as both educational resource and practical framework for a wide array of professionals, including neuropsychologists, sports medicine physicians, child psychologists and psychiatrists, pediatric and family physicians, athletic trainers, social workers, and educators.
A comprehensive guide to improving mental clarity and quality of life in the aftermath of a concussion draws on the expertise of a neuropsychologist and concussion survivor to counsel patients and caregivers on how to manage symptoms ranging from migraines and depression to sleep problems and memory loss. Original. 40,000 first printing.
This book provides a broad introduction to the important topic of concussive brain injury that considers historical, medical, research-based, and legal and ethical perspectives. • Examines the topic of concussions from historical and legal/ethical perspectives as well as medical perspectives and provides insights into current issues and controversies • Includes excerpts from primary source documents that provide additional information and bolster students' critical thinking skills • Provides a full complement of research tools for students: a timeline, glossary, index, and sources for additional information
Concussions in Athletics: From Brain to Behavior is a timely and major contribution to the literature that comprehensively addresses the neuromechanisms, predispositions, and latest developments in the evaluation and management of concussive injuries. Also known as mild traumatic brain injury, concussion in athletics is a growing public health concern with increased attention focusing on treatment and management of this puzzling epidemic. Despite the increasing occurrence and prevalence of concussions in athletics, there is no universally accepted definition, or “gold standard,” for its assessment. Concussion in Athletics: From Brain to Behavior provides a range of major findings that may shed important light on current controversy within the field. The book is organized in five parts: Evaluation of Concussion and Current Development; Biomechanical Mechanisms of Concussion and Helmets; Neural Substrates, Biomarkers and Brain Imaging of Concussion Research; Pediatric Sport-related Concussions; and Clinical Management and Rehabilitation of Concussions. An invaluable contribution to the literature, Concussions in Athletics: From Brain to Behavior is a state-of-the-art reference that will be of significant interest to a wide range of clinicians, researchers, administrators, and policy makers.
This book presents a comprehensive, team-based model for assessment and treatment of concussion.
The first book to focus on managing concussions from prevention to post-concussion return to school Concussions pose a serious and

complex issue for schools – from determining if a student may have suffered a concussion during a school activity to ensuring that students diagnosed with this condition can safely and effectively resume study, recreation, and sports. This is first comprehensive text for front-line school staff, including psychologists, counselors, and nurses, to focus on managing concussions in students, from prevention to post-concussion return to school. With a focus that addresses concussions in and beyond the sports field, the book describes how to create and lead a concussion management team in school and provides clear, non-technical information on how concussions can affect learning, mental health, and social-emotional functioning; tools for school-based concussion assessment; and guidelines for creating accommodation plans in collaboration with the family, community, and school team. The text guides front-line school professionals in navigating the barriers, system issues, knowledge gaps, and complexities in recognizing and responding to student concussions. Case studies integrated throughout each chapter feature the same three students from point of injury to recovery. Reproducible forms and handouts include accommodation checklists, signs and symptoms, checklist, post-concussion care plan, progress monitoring tools, and decision trees. Key Features: Offers comprehensive, practical information on concussion for school psychologists, counselors, and nurses Describes how to form a school-based management team Explains how concussions can affect learning, mental health and social-emotional functioning Includes guidelines for creating accommodation plans in collaboration with family, community, and school team Includes in-depth case studies and handouts, forms, and checklists

This book presents necessary information and data for people working with concussion recovery or experiencing a concussion, especially of a sports-related nature. There is currently no defined body of knowledge presented to practitioners, a lacuna this book serves to fill. While medical attention is often needed at the initial stage of treatment, the most important parts of ongoing treatment are behavioural, specifically managing and monitoring the patient and engaging them in “active rehabilitation” strategies. The competencies described here address multiple constituencies, from medical personnel to patients. The book is designed to direct the reader to appropriate sections in a straightforward manner supported by evidence and research. Its core focus is on schools in the US, where the majority of sports-related concussion occur and are managed. However, the knowledge competencies detailed here are broad enough to provide a solid education in concussions, and what to do about them, across various environments.

Concussions are increasing in incidence each year, and each state has a law on management of concussions in children. These factors strengthen the need for primary care providers to be well-versed in the evaluation and management of them. This text provides primary care physicians and clinicians with an evidence-based yet practical approach to diagnosing and treating concussions in children and adults. The book begins with a general overview of concussions. It then goes on to identify risks, signs and symptoms of concussions. Next, physicians and providers learn when and how to perform appropriate physical exams for suspected concussions. The following chapters focus on finding the correct type of testing to perform in suspected concussions. The testing options addressed include diagnostic, neurocognitive and imaging. Return-to-learn and return-to-play recommendations are then discussed to ensure that providers are able to

properly educate patients on them. The book concludes by explaining post-concussion syndrome and identifying methods to prevent concussions and complications in the future. Each chapter presents a specific case along with 3-5 followup questions as well as a summary of key concepts. Written from the unique perspective of a primary care physician who also specializes in sports medicine and concussions, Concussion Management for Primary Care is a first-of-its-kind book that serves as a valuable resource for primary care physicians, sports medicine physicians and any other clinician treating patients suffering from a possible concussion.

Recognition of concussion as a serious injury, informed by neurological and physiological research, is now commonplace in sport. However, research on the psychology of concussive injury—its psychological implications and outcomes, and psychological interventions for prevention and recovery—has largely been overlooked. This is the first book to explicitly and authoritatively set out the psychological aspects of sport-related concussion from a multidisciplinary and global perspective The book attempts to offer a global understanding of the injury by presenting an historical overview; exploring the psychological implications of sport-related concussion and the influence of gender and sociocultural context on concussive injury and recovery; setting out practical guidance on working with special populations suffering from concussive injuries; and discussing the theoretical and methodological considerations for research on concussion and future directions for this research. Written by a group of leading international experts and offering a hitherto underdeveloped perspective on this crucial area of sports injury research, this book is crucial reading for any upper-level student, researcher, sport scientist, coach, or allied health professional working on sport-related concussion. It is also valuable reading for students and researchers interested in the psychosocial processes that impact injury and recovery or general professional practice in sport psychology.

America's favorite sport has a serious problem. Many of the NFL's top players--including Troy Aikman, Steve Young, Merril Hoge, Ted Johnson, Al Toon, and Wayne Chrebet--have had their careers ended by head injuries. But few realize that most NFL players a

In 1999, Dr Clark Elliott suffered a concussion when his car was rear-ended. Overnight his life changed from that of a rising professor to a humbled man struggling to get through a single day. In one final effort to resume a normal life, Elliott crossed paths with two brilliant Chicago-area research clinicians who used cutting-edge therapies to try and help Dr Elliott. Within weeks, the ghost of who he had been returned. The Ghost in My Brain is also an unforgettable record of recovery, one that offers new hope to those suffering from brain trauma.

The increasing recognition of concussion and its associated consequences has focused international attention on mild traumatic brain injury. The need for early diagnosis, evaluation, and management has expanded dramatically. This

volume includes the experience of leading experts who describe the recent advances in the pathophysiology, biomechanics, imaging definition, and management of concussion. Advanced imaging and electrophysiological techniques are being used to help delineate the underlying metabolic and ultrastructural effects of concussive injuries. Papers in this volume review the role of emerging techniques including fMRI, SPECT, PET, DTI, MRS, and MEG, as well as report on multimodality concussion management programs which offer guidelines for selecting relevant team members, assessing community needs, and implementing management strategies that align with current practice standards. This publication provides neurosurgeons, neurologists, trauma and sports medicine specialists, physiatrists, neuropsychologists, and neuroscientists with a comprehensive overview of the current understanding of the causes of mild traumatic brain injury or concussion, newer methods to evaluate it, and current and evolving multimodality management strategies.

ConcussionRandom House Trade Paperbacks

This issue of Clinics in Sports Medicine will explore all aspects of sports-related concussion, such as the biomechanics and epidemiology of concussions,as well as special considerations for female and pediatric athletes. The issue will also include articles on return-to-play and retiring decisions after sports-related concussions.

A cautionary assessment of the rising frequency of brain injuries among young athletes counsels parents on the risks associated with head trauma while identifying factors that contribute to missed diagnoses and brain damage, in a reference that is complemented by illustrative true stories.

Concussions are serious and often misunderstood injuries. This important book explores concussions from every angle, including how they happen and what to do should a reader suffer one while on the field. Unlike more physically apparent injuries, concussions are diagnosed through symptoms. Knowing what concussions do to the brain and how they affect people’s actions is important to staying healthy when playing high-impact sports. Readers will learn important health lessons that will help them understand how doctors treat concussions and get them back on the field safely after taking a bit hit.

Clinicians and patients can no longer wait for answers to fundamental questions regarding how to properly evaluate and treat concussions and traumatic brain injuries. Doctors, those suffering, and their loved ones have questions that need to be answered, including: • When will someone emerge from a coma? • Can the fear of going out in public be overcome? • Will problems pertaining to memory and anger management go away? • Will the individual be able to work again? Dr. Kester J Nedd, a board-certified neurologist, draws on his years of experience treating patients suffering from head injuries to answer these questions and many more. Filled with real stories of patients, this first volume explores how this modern epidemic is often misdiagnosed or left untreated. Unsound definitions, rules of engagement, and limited scientific evidence has caused us to lose generations of people who suffered the fate of this condition. The author shares a new and transformative evaluation method, known as Brain

Hierarchical Evaluation and Treatment- the BHET method. The book outlines the hierarchical organization of the brain “from head to tail” and highlights what happens to the brain after an injury and how it responds.

Covering the full spectrum of rehabilitation after traumatic brain injury, this practical reference by Drs. Blessen C. Eapen and David X. Cifu presents best practices and considerations for numerous patient populations and their unique needs. In an easy-to-read, concise format, it covers the key information you need to guide your treatment plans and help patients relearn critical life skills and regain their independence. Covers neuroimaging, neurosurgical and critical care management, management of associated complications after TBI, pharmacotherapy, pain management, sports concussion, assistive technologies, and preparing patients for community reintegration. Discusses special populations, including pediatric, geriatric, and military and veteran patients. Consolidates today’s available information and guidance in this challenging and diverse area into one convenient resource.

Readers will discover how very recent scientific advances have overthrown a century of dogma about concussive brain injury.

Born from a presentation at the Interbusiness seminar in Curitiba, Brazil, SuccessfulPeople Don't? by the Canadian-American counselor and entrepreneur Don Wood, is acollection of ten suggestions that help business leaders, athletes, students, and anybody else whoreads this book how to be successful by eliminating behaviors. Everybody has an importantdefinition of success--to have a lot of money, to live in fame and fortune, to win a competitionor to become the greatest leader in the world. In fact, success is a state of mind, and thesubconscious mind strives towards survival, and any attempt to find access through materialmeans is only a mere illusion. Keep in mind, however, that success is neither undefinable orunmeasurable--so why bother finding a way for success? Part research, part stories, and partpractical techniques developed by the Inspired Performance Institute's Inspired PerformanceProgram (TIPP), Successful People Don't? reveals what to do, what not to do, and how readersand clients grow important skills in order to become successful.The Introduction entices readers to define success in their terms by answering questionssuch as, "What is success?" and "Why is success important?" Defining success is a matter ofperspective, and that includes understanding what glitches, and error messages impede readerson the way to success and the best ways to instill the highlights of their lives--especially thosethat lead them to achieve success. With a little bit of grit and a touch of prudence and self-control, people have achieved success through hard work and determination.

A new field of medicine is emerging, Concussionology, and it has massive consequences on the health and welfare of athletes’ livelihood. This guidebook provides basic training for athletes, parents and coaches as well as more in-depth training of concussions for athletic trainers, and other medical professionals. In Concussionology, Dr. Harry Kerasidis: • Outlines his own clinical-caliber concussion protocol • Reveals who is more vulnerable to concussions • Gives requirements for concussion baseline tests • Provides neurological basics about the brain, injury and behavior • Offers practical steps to handling concussions, and more What they’re saying “...a full, all inclusive approach to the management of sports related concussions.” —Dr. Alan Ashare, USA Hockey, Board of Director “Dr. Kerasidis is ... forward-thinking ... intellectually brilliant. This book is a reflection of that genius: straightforward, smart and leading-edge.” —Erin Sharoni, National TV Sports Personality “Dr. Kerasidis explains the

brain in user-friendly terms, including how it functions normally and how it responds in concussion. This book is a clear call to action for players, parents, coaches, and loved ones." —Theodore Henderson, MD, PhD Child, Adolescent, and General Psychiatry "Dr. Kerasidis expertise in concussions and concussion management has taught me what I need to know and helped me become a better athletic trainer...and implement a first class concussion management program." — Stephanie Guzzo, Assistant Athletic Trainer, St. Mary's College of Maryland

In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

This practical reference, edited by Drs. Blessen C. Eapen and David X. Cifu, covers the full spectrum of assessment, management, and rehabilitation after concussion. It includes best practices and considerations for numerous patient populations and their unique needs in an easy-to-read, concise format. Geared toward physiatrists, neurologists, primary care physicians, and rehabilitation professionals, this book provides the key information you need to guide your treatment plans and help patients

recover after concussion. Consolidates the most current information and guidance in this challenging and diverse area into?one convenient resource. Covers acute management of concussions, diagnostic criteria, neuroimaging, biomarkers, chronic traumatic encephalopathy and return-to-play, school, and duty protocols. ? Discusses special populations, including pediatrics, sports, military, and veteran patients. Covers post-concussive syndrome and its management of sequelae after concussion.

In this book, readers can learn the signs of a concussion, what to do if they or a friend have experienced one, and how to cope on the path to recovery. Special sidebar features, such as the ten great questions for a patient to ask his or her doctor, make this guide a great carry-along companion for anyone suffering from the effects of a concussion.

Concussion -- the biggest name in today's high-impact sports. As more and more high profile athletes come forward to share their stories of invisible suffering after head injuries, we as a culture are finally acknowledging this silent epidemic. The Concussion Repair Manual is written as a user's guide for those suffering after head traumas and those that support them. It is one-part "textbook," packed with the leading research on medical technologies for healing the injured brain, and one-part "workbook," offering a step-by-step method for making and tracking a personalized recovery regimen. Dr. Dan Engle's background and passion for concussion repair stem from a three-decade investigation into the many modalities for healing his own traumas. When the usual medical treatments didn't help, he explored what was possible, found what worked and put them into this manual - "the best of the best" in the medical arena for recovering from sports related head injury.

Concussions are a world-wide epidemic --43 million cases are diagnosed each year The good news is that there are effective treatments available today which reverse the symptoms of a concussion by correcting the underlying mechanisms of injury to the brain. The Concussion Cure is the first book which describes in detail how a concussion should be diagnosed and then treated. Both the diagnosis and treatments are based upon the findings of two diagnostic tests which show functional abnormalities. In this comprehensive guide, Paul Henry Wand, MD explains how to treat recent concussions as well as those from years ago, and covers undiagnosed and untreated conditions which are often overlooked. The Concussion Cure offers hope to patients with traumatic brain injuries and their families by sharing detailed information on three different treatment modalities which are proven to reverse the systems of a concussion. These treatments include specific medication to increase the blood flow in the brain, neurofeedback and hyperbaric oxygen.

The spotlight on sports is brighter than ever, and the focus isn't just on the scores. This title takes a critical look at a challenging issue within the sports world, providing history and context while also examining key factors in the issue and how it is being addressed. This title is balanced and straightforward, and uses numerous examples to illuminate the

issue. With a glossary, primary source sidebars, and additional resources, this title will keep readers engaged and up to date on the biggest concerns in sports today. Aligned to Common Core Standards and correlated to state standards. SportsZone is an imprint of ABDO Publishing Company.

An expert on the head trauma crisis in sports provides a guide to concussions in youth sports -- what they are, how to treat them and how to protect young athletes. 30,000 first printing.

Draws on interviews, e-mails, and previously undisclosed documents to reveal how the NFL has endeavored to cover up evidence of the connection between football and brain damage for the past two decades.

"Abstract: Concussion is a type of mild traumatic brain injury, is common, and occurs both in sport and as a result of falls or accidents. Concussion has become an increasingly recognized public health concern, largely driven by prominent media coverage of athletes who have sustained concussion. Although much has been written about this condition, we still do not understand its natural history, and we are only now beginning to recognize that concussion often manifests in different clinical domains. These may require targeted treatment in and of themselves; otherwise, persistent postconcussive symptoms may develop. Although most individuals who sustain a concussion recover, and although concussion is a treatable condition, it is important that concussion be managed early and comprehensively to avoid a more prolonged clinical trajectory. A relatively recent term often used in the setting of concussion is repetitive head impact exposure-a biomechanical force applied to the head that does not generate a clinical manifestation of concussion, but may result in structural brain changes. Although it is often assumed that repetitive head impact exposure leads to long-term neurological sequelae, the science to document this assumption is in its infancy. Repeated concussions may lead to depression or cognitive impairment later in life, and there is an emerging literature that repeated concussion and repetitive head impact exposure are associated with chronic traumatic encephalopathy or other neurodegenerative diseases. Currently there is no known causal connection between concussion, repetitive head impact exposure, and neurodegeneration, although this research is also still in its infancy. What is clear is that (a) concussion prevention and safety should be paramount in sport and in society, (b) concussion management should begin immediately and should include clinical domains, and (c) research on concussion and repetitive head impact exposure must continue to move forward. Keywords: concussion; mild traumatic brain injury; clinical domains; repetitive head impact exposure; chronic traumatic encephalopathy; safety"--

Dr. Kabran Chapek shares the programs and protocols that he uses at the Amen Clinics to put patients on the pathway to healing from traumatic brain injury. From general assessment using sophisticated tools (SPECT imaging, MRIs and CAT scans) to very specific blood tests (out-of-balance lab values in blood can point to symptoms of brain injury and may

explain why the brain is not healing), Dr. Chapek guides readers to getting the proper medical care. He shares the cutting edge and most effective treatments for acute traumatic brain injury, as well as chronic traumatic brain injury, and provides the most powerful natural treatments including diet and supplements.

Every year, an estimated 1.7 million Americans sustain brain injury. Long-term disabilities impact nearly half of moderate brain injury survivors and nearly 50,000 of these cases result in death. Brain Neurotrauma: Molecular, Neuropsychological, and Rehabilitation Aspects provides a comprehensive and up-to-date account on the latest developments in the area of neurotrauma, including brain injury pathophysiology, biomarker research, experimental models of CNS injury, diagnostic methods, and neurotherapeutic interventions as well as neurorehabilitation strategies in the field of neurotraum research. The book includes several sections on neurotrauma mechanisms, biomarker discovery, neurocognitive/neurobehavioral deficits, and neurorehabilitation and treatment approaches. It also contains a section devoted to models of mild CNS injury, including blast and sport-related injuries. Over the last decade, the field of neurotrauma has witnessed significant advances, especially at the molecular, cellular, and behavioral levels. This progress is largely due to the introduction of novel techniques, as well as the development of new animal models of central nervous system (CNS) injury. This book, with its diverse coherent content, gives you insight into the diverse and heterogeneous aspects of CNS pathology and/or rehabilitation needs.

For years, Elizabeth Peirce struggled to put her life back together after a concussion. She searched for stories of real people recovering from head injuries and came up empty. This experience prompted her to write a book that would help others. Interwoven are the stories and voices of other concussion survivors and the health professionals who treat them. Combining five years of research and her own personal experience of this debilitating injury, this book recognizes and honours the mysteries of the brain and the strength of the human spirit in the face of adversity. It offers comfort and reassurance through practical suggestions and self-help techniques in language that is accessible to the lay reader. A toolkit of empowering self-care strategies, this book will activate the innate healing potential of a concussion survivor.

A comprehensive summary of sport-related concussion for parents, coaches, and athletes that considers the physics and biology behind the injury, identifies what can be done to reduce the risk of its occurrence, and describes how to properly respond to a suspected concussion. • Provides a detailed but easy-to-understand, jargon-free explanation of types of trauma and the forces that result in a concussion as well as what happens to brain cells when the brain suffers a concussion • Presents the facts about sport-related concussion and the potential for cumulative effects of sport-related concussions, including a discussion about chronic traumatic encephalopathy • Informs athletes, parents, and coaches about ways in which to prepare for a possible concussion, how to respond to a potential concussion, and steps to take to

decrease the risk of a concussion injury

This is a practical manual for clinicians who take care of patients with concussions. The long-term effects of concussions are an increasingly recognized problem in the medical community and by the general public. Most people recover well from concussions, but a substantial minority does not. However, most clinicians do not have specific training in how to evaluate and treat concussion patients who do not make a rapid and complete recovery. This manual, based on the experience of the director of the concussion clinic at Washington University in St Louis, provides specific step-by-step guidance for managing a variety of problems related to complex concussions: making an accurate diagnosis, general treatment strategies, headaches, sleep disruption, attention deficit, mood instability, anxiety and depression, post-traumatic stress, personality change, balance problems, dizziness, fatigue etc. Furthermore, there are specific sections on return to work, return to driving, return to school and return to contact sports. Finally, the manual includes information on special topics, such as concussion in adolescents, children, contact sport athletes, military personnel, and patients involved in medico-legal matters. The manual is written for clinicians with a broad range of backgrounds: primary care physicians, nurse practitioners, physician's assistants, athletic trainers, emergency medicine doctors, neurologists, neurosurgeons, psychiatrists, and rehabilitation medicine physicians should all be able to use the manual effectively. There is information on how to set up a specialty concussion clinic, and an extensive list of internet-based resources related to concussion. A list of other publications is provided to point to additional detailed information beyond what a pocket-sized 'on-the-fly' manual can provide.

This important book presents a unique, personal account of the impact a mild traumatic brain injury can have. It tells the story of Pauline, who was 33 when a late football tackle caused a bleed in her brain which went undiscovered for 18 months. The account includes descriptions of hidden symptoms of concussion and post-concussion syndrome, pitfalls in diagnoses, the uneven progress of recovery and the effect of the varied reactions which others have to an acquired brain injury. The author incorporates memories alongside extracts from clinic notes, diary entries and emails to reflect the disjointed progress of diagnosis and recovery as- although similar- no two head injuries are the same. Through this book, the reader gains an appreciation of the confusion experienced by many brain injury survivors, which sheds light on why some may develop unusual behavior or mental health issues, and how such issues can be alleviated. Brain injuries are poorly understood by the general public and this can lead to difficult interactions. Moreover, complications in diagnosis means some may not realize they have this milder form of brain injury. This book will enlighten brain injury survivors and affected families and allow professionals an insight into their patients’ experiences. As concerns grow over the risks which contact sports pose, this book shows how even mild brain injuries can wreak havoc with careers, relationships and

one’s sense of self, but that a happy life can still be found.

The word concussion was unheard of in youth sports a decade ago. The injury was indeed occurring, but youth athletes were often told to "shake it off" after "getting their bell rung". Science and increased awareness about concussion and brain health have transformed the way youth parents, coaches, and players pursue athletics. Fear of incurring concussions, as well as incomplete or incorrect information, is leading some parents to keep their children out of contact sports, such as football and soccer, where concussion is more prevalent. Back in the Game: Why Concussion Doesn't Have to End Your Athletic Career does not dwell on perpetuating fears but, rather, provides the most up-to-date understanding of the condition. This is a real-world discussion of what science and medicine know, what parents and coaches need to understand about concussion, evaluation and treatment, and what possible post-concussive issues exist. The expertise and experiences of noted sports neurologist Jeffrey S. Kutcher, MD, along with reporting and interviews by award-winning sports journalist Joanne C. Gerstner, make this book a timely, relevant, and real discussion about concussions in youth sports. Athletes and professional coaches who have participated in the formation of this book include two-time Olympic gold medalist soccer player Kate Markgraf, former NHL/Team Canada head coach Andy Murray, champion X-Games snowboarder Ellery Hollingsworth, along with an array of youth parents, coaches, and athletes from across the country.

Sports concussions make headlines, but you don't have to be an NFL star to suffer traumatic brain injury. In Shaken Brain, Elizabeth Sandel, MD, shares stories and research from her decades treating and studying brain injuries. She explains what concussions do to our bodies, how to avoid them, and how to recover.