

Coaches Newsletter

UKHealthCare

**Orthopaedic Surgery
& Sports Medicine**

What is a Concussion?

By Kara Frey, ATC

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A concussion is a brain injury and is caused by a bump, blow, or jolt to the head. Signs of a concussion may not always appear immediately and can sometimes take days or weeks before they appear. A concussion can occur without loss of consciousness and can occur in any sport. Recognition and proper management of concussions when they first occur can prevent further injury or even death.

Signs of a concussion that you will notice in an athlete who has experienced a concussion include:

- athlete appears dazed or stunned
- athlete is confused or forgets a play
- athlete stumbles with walking
- athlete answers questions slowly or cannot recall events prior or after the hit
- athlete loses consciousness

Symptoms that the athlete may report include:

- Headache
- Nausea
- Dizziness or lightheadedness
- Feeling sluggish or groggy
- Blurred or double vision
- Ringing in the ears
- Balance problems
- Confusion or trouble concentrating
- Sensitive to light or noise

When an athlete is experiencing any of these symptoms, the symptoms can be made worse with running or any activity of any kind; this includes playing computer or video games. An athlete should **never** return to play while they are experiencing any symptoms. If an athlete returns to play before the brain recovers from the first concussion, an athlete can get another concussion that can result in brain swelling, permanent brain damage, or even death – this is called second impact syndrome. This is why the athlete should be evaluated and cleared to return by a healthcare professional. Any athlete with a concussion should not return to play for a week once they are symptom-free and should have a gradual return to play. If symptoms return with running or any other activity, athlete should remain out of play until the symptoms have subsided completely.

For more information and a free video kit, contact the National Center for Injury Prevention and Control at www.cdc.gov and look up: Heads Up – Concussion in High School Sports Guide for Coaches.

Also, please feel free to contact Dr. Michelle Mattingly - a Neuropsychologist and Director of the Sports Concussion Program in the Department of Neurology at the University of Kentucky Medical Center. She offers a comprehensive sports concussion program capable of providing pre-season baseline assessment, post-concussion assessment and assistance in return-to-play decisions with athletes in youth sports, high school, college and professional levels. Information about this program can be obtained by calling 859-323-0229.

Comeback Athlete of the Month: Alex Dornsbusch

Congratulations to Alex Dornsbusch of Lafayette High School in Lexington, KY for being the comeback athlete of the month. Alex is a senior who plays soccer and tennis. In June 2004, after his freshman year, Alex was riding his bike and hit by a car. He was not wearing a helmet. He suffered no broken bones and no internal injuries. All the damage was head trauma. He had to learn all over again how to walk, to feed himself, and to talk. He did not play soccer his sophomore year but always came out to watch practice. After much rehabilitation, he has played soccer and tennis both his junior and senior years at Lafayette. He still has muscle weakness and some muscle contractures on the left side of his body due to the head injury, but he is back and able to do almost everything he used to do. Alex was presented the Comeback Athlete award on the Scholastic Ball Report on WKYT – November 11, 2006. The Scholastic Ball Report airs every Saturday morning at 11:30am on WKYT.



Coaches: If you have any comeback athletes that you would like to nominate for this award, please e-mail a short story to Greg Jackson, ATC at gjack3@uky.edu.

Pre-Game Meal Tips

By Kara Frey, ATC

Nutrition does not need to be difficult. The most important tip for athletes of all ages is to remember to eat 3 balanced meals every day with additional 2-3 nutritional snacks. Also, athletes need to hydrate before, during, and after activity with water and/or sports drinks. It is very important for athletes to eat well in order to have the fuel they need to play and compete at their best level. Here are some examples of meals and snacks that are healthy for athletes to eat before activity.

Foods to Choose:

- Pasta – macaroni, spaghetti, noodles, or ravioli. Cheese, meats, and oils will add fat to the sauce – use sparingly.
- Rice
- Potatoes – baked, mashed, or boiled. Not french fries.
- Starchy vegetables such as peas, carrots, sweet potatoes, and squash.
- Breads – rolls, muffins, crackers, or bagels
- Cereals and soups
- Fruits

Snacks to Pack for School/After School:

- Granola, cereal, or energy bars
- Dried fruit or fig bars
- Animal crackers
- Graham crackers and peanut butter
- Pretzels

Example of Pre-Game Meals:

Meal #1:

- Ham/veggie sandwich on whole grain bread
- Fresh fruit salad
- Fig bars
- Sports drink

Meal #2:

- Ravioli with a light meat sauce
- Italian bread
- Steamed vegetables and salad with low-fat dressing
- Canned fruit



Meet our Sports Medicine Team

Our Physicians:

Darren Johnson, MD
 Scott Mair, MD
 Robert Hosey, MD
 Kyle Parish, MD
 Christian Latterman, MD

Our Athletic Trainers:

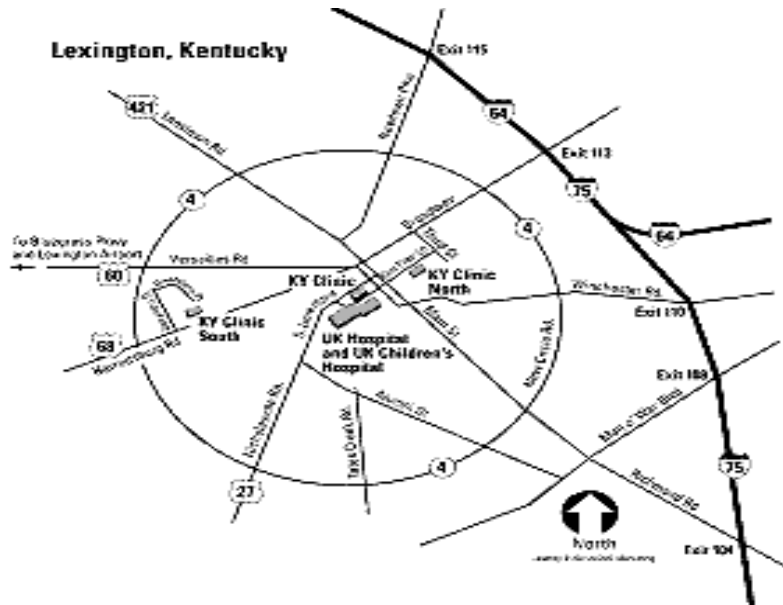
Sheri McNew, ATC
 Rob Ullery, ATC
 Tim Pike, ATC
 David Jacobs, ATC
 Jenni Williams, ATC
 Greg Jackson, ATC
 Candi Lee, ATC
 David Brajuha, ATC
 Kara Frey, ATC

(859) 323-5533

www.ukhealthcare.uky.edu/Ortho

UK Sports Medicine Walk-In Clinic

- With our sports injury walk-in clinic, no appointment is necessary.
- Walk-in at 7:30 - 8am.
- We're located within Kentucky Clinic, with adjacent parking available.
- Staffed by sports medicine fellowship-trained physicians.
- Physical therapy and rehabilitation services are available.
- We're proud to be the team physicians for all UK Athletics.
- Call (859) 257-4577 for more information.



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Mark Your Calendars



Coaches' Symposium will be on March 10, 2007 at 8:00am. The symposium will be located in the Kentucky Clinic at the University of Kentucky. More detailed information will be mailed out prior to the symposium. If you have any questions, please e-mail Rob Ullery at rullery@uky.edu