

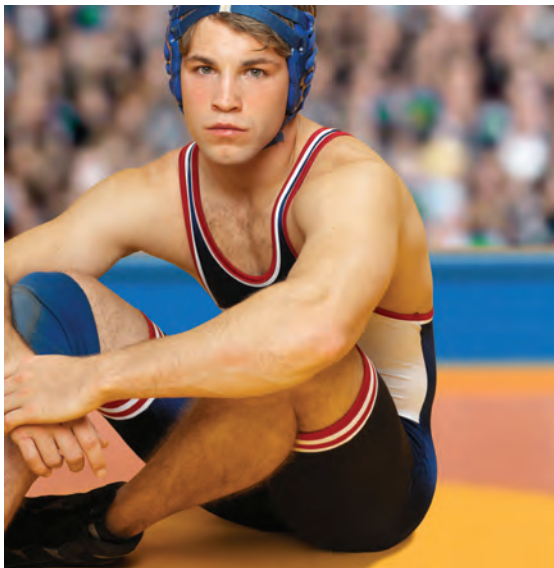
## Sports medicine care at CHKD

Our sports medicine program offers care for all medical issues that affect children's participation in sports, from concussions to musculoskeletal 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 fellowship trained in sports medicine – as well as adolescent medicine and pediatrics. He is joined on the team by Dr. Aisha Joyce and Dr. David Smith. Because we are part of Children's Hospital of The King's Daughters, quick access to pediatric neurologists, neurosurgeons and neuro-psychologists is available along with state-of-the-art diagnostic imaging.

## 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 the hospital in Norfolk or our Health Centers locations at Oakbrooke, Landstown, Loehmann's Plaza or Tech Center.

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



## Sports Medicine Locations

### NORFOLK

Children's Hospital of The King's Daughters  
601 Children's Lane

CHKD Sports Medicine in Ghent  
702 W. 21st Street

CHKD Health Center at Kempsville  
171 Kempsville Road

### 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

CHKD Health Center and Urgent Care at Tech Center  
680 Oyster Point Road

### VIRGINIA BEACH

CHKD Health and Surgery Center at Concert Drive  
2021 Concert Drive  
*(outpatient orthopedic surgery only)*

CHKD Health Center and Urgent Care at Loehmann's Plaza  
3960 Virginia Beach Boulevard

CHKD Health Center at Landstown  
1924 Landstown Centre Way

### WILLIAMSBURG

CHKD Health Center at Lightfoot  
6425 Richmond Road



## Sports Medicine

757-668-PLAY (7529)

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 having symptoms from an incident are of special concern, but every concussion is a serious injury, even when the symptoms it causes are mild.

## Evaluating concussions

Concussions are always serious, and recovery time varies from athlete to athlete. We evaluate patients using the following:

- Symptom inventory
- Physical examination
- Balance and eye 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)
- Physical therapy (if needed)