

# McLeod

## Human Motion Specialists

### SPORTS MEDICINE

Athlete's Name: \_\_\_\_\_ Date: \_\_\_\_\_ Sport: \_\_\_\_\_

Injury Assessment: \_\_\_\_\_

Please follow the Plan of Care listed below:

#### Head Injuries

1. Complete physical and mental rest until asymptomatic. No reading, TV, or video games since they can make symptoms worse. Hold out from school if necessary until symptoms at rest resolve.

2. Headaches from concussion will not usually respond to pain medicines. Only time and rest help the headache.

3. It is OK to let the athlete sleep. No need to check for mental status changes, but seek immediate medical care if there is a worsening of the athlete's condition such as:

- Loss of consciousness or temporary loss of memory
- Dizziness
- Ringing in the ears
- Weakness or numbness in the arm(s), leg(s), or any other body part.
- Unequal pupils
- Blurred vision or double vision
- Nausea and/or Vomiting
- Blood/clear fluid in the ears/nose
- Loss of appetite
- Progressive worsening of headache
- Grogginess or agitation
- Loss of muscle coordination
- Convulsions or tremors

4. *See Physician within 48 hours of the injury.*

5. **ImPACT Concussion Testing available with Pat Denton, M.D. and Brian Blair, M.D.**

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#### Physician Referral:

Dr. Pat Denton  
Pee Dee Orthopaedic Associates  
901 East Cheves Street, Suite 100  
Florence, SC 29506

Dr. Brian Blair  
McLeod Orthopaedics  
800 East Cheves Street, Suite 480  
Florence, SC 29506

Any questions or if symptoms worsen contact Athletic Trainer at: \_\_\_\_\_