GIRLS MAY EXPERIENCE SPORTS-RELATED CONCUSSIONS DIFFERENTLY THAN BOYS



Girls have a **higher chance** for sports-related concussion than boys in sports that use the **same rules**, like soccer and basketball.

You can protect young female athletes by learning about concussion signs and symptoms, keeping an eye out for unique risks, and advocating for policies that prioritize athlete safety for everyone.

REPORTING

Girls may be more likely to report a sports-related concussion than boys.

MENTAL HEALTH

Concussion symptoms that affect mental health are **more** common in girls.

RESEARCH

Fewer research studies focus on sports-related concussion among girls than boys.

SYMPTOMS

Girls are **more likely** than boys to report severe and long-lasting symptoms following a sports-related concussion.

CARE

Healthcare providers, including athletic trainers, are **less likely** to be present at the time of girls' sports-related concussions than boys.

Visit cdc.gov/HEADSUP to learn more.

Heads Up On Sport Concussion

Rainer Martens, Robin S. Vealey

Heads Up On Sport Concussion:

The Heads-up on Sport Concussion Gary S. Solomon, Karen M. Johnston, Mark R. Lovell, 2006 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

Sports Neurology ,2018-11-24 Sports Neurology is designed to be a comprehensive overview of neurology within the context of sports medicine This definitive text addresses the history of sports neurology including its unique role within sports medicine and provides a detailed assessment of central and peripheral nervous system injuries and illnesses in

athletes Sports Neurology is a critical companion for all sports medicine clinicians and for neurologists who manage athletes Provides an introduction and overview of concussion in sport discussing the epidemiology biomechanics and pathophysiology of concussion as well as considerations for sideline evaluation and emergency room diagnosis and management Explores the long term consequences of concussion and repetitive head impacts and the relationship with neurodegeneration Offers an overview of mild moderate and severe brain injury classification compares moderate and severe traumatic brain injury within the context of civilian military and sports circumstances Describes key issues for the evaluation and treatment of cervical spinal cord injuries peripheral nerve injuries and sports related pain Provides an overview of neuroepidemiology and the importance of obtaining meaningful sport related neuroepidemiologic data that will ultimately provide the foundation for making data driven decisions for central and peripheral nervous system injuries in sport **Critical Perspectives on** Minors Playing High-Contact Sports John A. Torres, 2016-12-15 Playing team sports has many benefits and yet high contact sports such as football and rugby have also been linked to serious injuries including concussions and a higher risk of dementia depression and Parkinson's disease How can we weigh the potential benefits of contact sports with their potentially serious risks This text provides primary source evidence from doctors scientists and experts in the field of sports medicine as well as ordinary people s viewpoints in order to help students reach their own conclusions about the risks related to high Psychological Aspects of Sport-Related Concussions Gordon Bloom, Jeffrey Caron, 2019-03-13 contact sports 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

Youth Sports Concussions, An Issue of Physical Medicine and Rehabilitation Clinics Stanley A. Herring, Kathleen R. Bell, 2011-11-28 Epidemiology of Sports Concussions Pathophysiology of Concussion in Youth On the Field Identification and Sideline Management of Concussion Return to Play Decisions Diagnosis of Concussion The Role of Imaging Now and In

Future Use of Neuropsychological Examinations Subacute Management of Concussion Related Symptoms Long Term Consequences Effects on Normal Development Profile After Concussion School and the Concussed Youth Community Response to Concussion Legislative Updates Best Practices in Concussion Education and PreventionEpidemiology of Sports Concussions Pathophysiology of Concussion in Youth On the Field Identification and Sideline Management of Concussion Return to Play Decisions Diagnosis of Concussion The Role of Imaging Now and In Future Use of Neuropsychological Examinations Subacute Management of Concussion Related Symptoms Long Term Consequences Effects on Normal Development Profile After Concussion School and the Concussed Youth Community Response to Concussion Legislative Updates Best Practices in Concussion Education and Prevention The Impact of Concussions on High School Athletes United States. Congress. House. Committee on Education and Labor, 2010 Sport First Aid Melinda J. Flegel, 2013-10-01 Nearly half of all injuries in high school sports occur during practice when no athletic trainer or emergency medical personnel are present In these instances coaches are the first responders As a coach are you prepared to take action in a medical emergency Sport First Aid provides high school and club sport coaches with detailed action steps for the care and prevention of more than 110 sport related injuries and illnesses Organized for guick reference Sport First Aid covers procedures for conducting emergency action steps performing the physical assessment administering first aid for bleeding tissue damage and unstable injuries moving an injured athlete and returning athletes to play The new edition features the latest CPR guidelines from the American Heart Association guidelines for the prevention recognition and treatment of concussion from the Centers for Disease Control and Prevention and guidelines for the prevention of dehydration and heat illness from the National Athletic Trainers Association Beyond simply treating injuries and illnesses Sport First Aid seeks to prevent them from occurring in the first place Included are strategies for reducing athletes risk of injury or illness such as establishing a school based medical team implementing preseason conditioning programs creating safe playing environments planning for weather emergencies ensuring proper fit and use of protective equipment enforcing sport skills and safety rules and developing a medical emergency plan Sample forms checklists and plans take the work out of developing these documents from scratch With Sport First Aid you and your coaching staff will be prepared to make critical decisions and respond appropriately when faced with athletes injuries and illnesses Produced by the American Sport Education Program ASEP Sport First Aid is the text for the ASEP Sport First Aid course which along with Coaching Principles and Coaching Technical and Tactical Skills courses makes up the curriculum for the ASEP Bronze Level coaching certification program For more information on ASEP courses and resources call 800 747 5698 or visit www ASEP com The Brain on Youth Sports Julie M. Stamm, 2021-07-06 A 2022 Choice Reviews Outstanding Academic Title Dispels the myths surrounding head impacts in youth sports and empowers parents to make informed decisions about sports participation. They rejust little kids they don t hit that hard or that much Chronic Traumatic Encephalopathy CTE only happens to former NFL players Youth

sports are safer than ever These are all myths which if believed put young rapidly maturing brains at risk each season In The Brain on Youth Sports The Science the Myths and the Future Julie M Stamm dissects the issue of repetitive brain trauma in youth sports and their health consequences explaining the science behind impacts to the head in an easy to understand approach Stamm counters the myths weak arguments and propaganda surrounding the youth sports industry providing quidance for those deciding whether their child should play certain high risk sports as well as for those hoping to make youth sports as safe as possible Stamm a former three sport athlete herself understands the many wonderful benefits that come from playing youth sports and believes all children should have the opportunity to compete without the risk of long term The Handbook of Sport Neuropsychology Frank Webbe, 2011 both the perspective and the scope of this consequences volume are well conceived and executed This book provides an important platform for developing expertise in a fascinating and growing field It is required reading from my students Archives of Clinical Neuropsychology The book will provide an excellent reference for health care providers in the area of concussion management and the increased emphasis on the incorporation of neurocognitive testing and the role of neuropsychologists This is information that needs to out in the Sports Medicine arena as to how to incorporate neuropsychologists in the Sports Medicine team Steven L Cole ATC Associate Athletic Director Internal Operations College of William and Mary Dr Webbe has used his vast knowledge and experience in the field of sports neuropsychology to create a superb road map which provides important information and direction for the study of sports concussion This handbook reflects his skill in attracting some of the world's leaders in sports neuropsychology as chapter authors and his ability to organize and integrate their unique funds of knowledge From the Foreword by Jeffrey T Barth PhD University of Virginia School of Medicine An estimated 300 000 sport related concussions occur every year in the United States many of which lead to short or long term impairment or even sudden death Frank Webbe one of the foremost leaders in the field has compiled the most up to date comprehensive volume on sport neuropsychology currently available It presents through the contributions of leading practitioners in the field an exhaustive study of sport related concussions and the multitude of management and treatment issues that arise from them The handbook is structured within a conceptual framework which includes an overview of the field ethical considerations risk factors and mechanisms diagnosis and assessment and counseling and rehabilitation principles It integrates research findings from a wide variety of professional and amateur sports including football hockey boxing wrestling and others The book also addresses collateral effects of mild and traumatic head injury such as Alzheimer's disease Parkinson's disease and depression Synthesizing all the diverse facets of the burgeoning field of sport neuropsychology this clear and concise volume will serve as a springboard for research yet to be realized Key features Integrates knowledge from sports and exercise science with neuropsychology Includes the latest research on the role of neuroimaging and electrophysical approaches to understanding concussion Clarifies the professional training and ethical behavior of a sport neuropsychologist Highlights the emotional components of concussion Discusses the

acute and chronic effects of repeated head trauma Casebook of Traumatic Injury Prevention Richard Volpe, 2019-12-30 This casebook profiles exceptional traumatic injury prevention programs from all over the globe Its detailed description and analysis employ a multi stage process of identifying evaluating and casing effective prevention practices. The case studies reflect how legislative and regulatory information impact prevention efforts and provide insight into how national centers for injury prevention and control inform prevention practices on countrywide levels The authors work with outcome based research criteria to select and develop their comprehensive and contextually aware profiles of the programs All included case studies follow the BRIO approach Background Resources Implementation and Outcome a model designed to provide a consistent way of describing programs that have been evaluated and found to be exceptional practices. The scope of the Casebook ranges across The challenge of traumatic injury prevention Sports and recreation related traumatic injury prevention Fall related traumatic injury prevention Road traffic related traumatic injury prevention Traumatic injury prevention within complex systems In its recognition of traumatic injury prevention across the lifespan as a critical and complex public health challenge the Casebook of Traumatic Injury Prevention promises to be an influential and authoritative resource for professionals and students in public health safety injury prevention medicine psychology sociology nursing and engineering Government agencies and institutions such as the Centers for Disease Control and Prevention CDC public health departments and safety associations also would find the Casebook relevant to their work **Orthopaedic Knowledge Update®: Sports Medicine 6** Frederick Azar, 2020-11-04 Orthopaedic Knowledge Update Sports Medicine 6 brings together the most relevant literature and the latest research from the past 5 years More than 150 top notch contributors collaborated on this succinct review of pertinent advances in sports medicine Find brand new content on hip instability and microinstability return to play criteria following anterior cruciate ligament injury exercise induced bronchorestriction development of emergency action plans and imaging of the foot and ankle **Orthopaedic Knowledge Update: Sports** Medicine 5th Edition Mark D. Miller, MD, 2018-08-21 OKU Sports Medicine 5 brings together the most relevant literature and the latest research including extensive updates in knee and shoulder from the past five years Top notch experts collaborated on this succinct review of pertinent advances in sports medicine Find brand new content on bone loss instability proximal biceps injuries ACL reconstruction meniscal posterior horn tears and much more **Sports Concussions** Mary-Lane Kamberg, 2011-01-15 This book examines the mounting evidence about the health effects of concussions and the efforts to protect athletes from this dangerous injury Examination of Orthopedic & Athletic Injuries Chad Starkey, Blaine Long, 2023-02-13 Great Book Was worth the cost Have used it a lot in Undergrad and Graduate school Has great photos and examples Online Reviewer The field's standard resource brings you the most current knowledge through a superb combination of detailed illustrations and precise language to make even the most complicated concepts and techniques clear Organized by body region each chapter begins with a review of anatomy and biomechanics proceeds through clinical

evaluation pathologies and related special tests and concludes with a discussion of on field or initial management of specific Successful Coaching Rainer Martens, Robin S. Vealey, 2024 This book is a practical guide to effectively handling injuries the duties and expectations involved in coaching scholastic and club athletes and teams It details how coaches can develop coaching philosophies objectives and leadership styles to become strong decision makers and communicators as well as how to use discipline and the creation of a culture of character to motivate athletes and support their maturation cultural uniqueness mental health and well being It also describes how to be an organized and skillful team manager and teacher capable of enhancing athletes skills and knowledge to meet the physical and mental demands of the sport and educating athletes about healthy nutrition and the dangers of drugs and alcohol to enhance their sport specific performance and general health Sport-Related Concussion (SRC), An Issue of Clinics in Sports Medicine, E-Book Peter Kriz, 2020-11-18 This issue of Clinics in Sports Medicine will discuss Sports Related Concussion Guest edited by Dr Peter Kriz this issue will discuss a number of related topics that are important to practicing clinicians. This issue is one of four selected each year by our series Consulting Editor Dr Mark Miller The volume will include articles on Epidemiology of SRC Biomechanics of SRC Diagnosis On field Management of SRC Outpatient Management of Sports Related Concussion Neuropsychological Assessment of SRC Rehabilitation of SRC Neuroimaging in SRC Medical Therapies for Concussion Female Athlete and SRC Pediatric Athlete and SRC Prevention of Sport Related Concussion Long term neurocognitive mental health consequences of collision sports Future Directions in SRC Management among other topics Regulating Tobacco, Alcohol and Unhealthy Foods Tania Voon, Andrew Mitchell, Jonathan Liberman, 2014-07-25 The need to reduce disability and premature deaths from non communicable diseases NCDs is increasingly engaging international organisations and national and sub national governments In this book experts from a range of backgrounds provide insights into the legal implications of regulating tobacco alcohol and unhealthy foods all of which are risk factors for NCDs As individual countries and the international community move to increase targeting of these risk factors affected industries are turning to national and international law to challenge the resulting regulations This book explores how the effective regulation of tobacco alcohol and unhealthy foods can be achieved within the context of international health law international trade and investment law international human rights law international intellectual property law and domestic laws on constitutional and other matters Its contributors consider the various tensions that arise in regulating NCD risk factors as well as offering an original analysis of the relationship between evidence and health regulation Covering a range of geographical areas including the Americas the European Union Africa and Oceania the book offers lessons for health and policy practitioners and scholars in navigating the complex legal fields in which the regulation of tobacco alcohol and unhealthy foods takes place Morbidity and Mortality Weekly Report ,2007-06 Sports-Related Concussions in Youth National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 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 **Improving Sports Safety** United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Commerce, Manufacturing, and Trade,2015

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