

Preventing Sports Concussions



Kids Sports And Concussion Kids Sports And Concussion

Dr. Evan Mladenoff



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Kids, Sports, and Concussion William Paul Meehan III, A comprehensive summary of sport related concussion for parents coaches and athletes that considers the physics behind the injury identifies what can be done to reduce the risk of its occurrence and describes how to respond to a suspected concussion Concussion injury among athletes continues to be a subject of great concern Increasing attention and research is focusing on the most vulnerable of athletes children What strategies can be taken to best protect young athletes in sports from grammar school football leagues to high school hockey and soccer teams from concussion How do we treat youngsters who suffer head injuries in sports What are the ethical considerations in allowing children to play such sports given the risks to still developing brains In this updated and expanded guide William Meehan MD explains simply and clearly how coaches parents and others who work with young athletes can recognize concussion best help children and youths recover from concussion injuries and take steps to become proactive to prevent concussion Readers will learn what causes a sport related concussion what happens to brain cells during a concussion and why concussion which in the past was dismissed as a trivial injury is taken so much more seriously now The book explains how to decrease the risk of concussion addresses the potential for cumulative effects from multiple concussions including chronic traumatic encephalopathy and discusses the ethical dimensions of deciding whether an athlete with multiple concussions should continue to participate in high risk sports

Kids, Sports, and Concussion Nathan Thomas, 2017-02-17 This comprehensive reader friendly book written by a top physician in the field explains to coaches and parents how to understand cope with and prevent sport related concussions among children and teenagers

Kids, Sports, and Concussion William Paul Meehan III, 2018-02-08 A comprehensive summary of sport related concussion for parents coaches and athletes that considers the physics behind the injury identifies what can be done to reduce the risk of its occurrence and describes how to respond to a suspected concussion Concussion injury among athletes continues to be a subject of great concern Increasing attention and research is focusing on the most vulnerable of athletes children What strategies can be taken to best protect young athletes in sports from grammar school football leagues to high school hockey and soccer teams from concussion How do we treat youngsters who suffer head injuries in sports What are the ethical considerations in allowing children to play such sports given the risks to still developing brains In this updated and expanded guide William Meehan MD explains simply and clearly how coaches parents and others who work with young athletes can recognize concussion best help children and youths recover from concussion injuries and take steps to become proactive to prevent concussion Readers will learn what causes a sport related concussion what happens to brain cells during a concussion and why concussion which in the past was dismissed as a trivial injury is taken so much more seriously now The book explains how to decrease the risk of concussion addresses the potential for cumulative effects from multiple concussions including chronic traumatic encephalopathy and discusses the ethical dimensions of deciding whether an athlete

with multiple concussions should continue to participate in high risk sports Kids, Sports, and Concussion William Paul Meehan (III), William P. Meehan, 2011 This comprehensive reader friendly book written by a top physician in the field explains to coaches and parents how to understand cope with and prevent sport related concussions among children and teenagers Written by an expert physician Kids Sports and Concussion A Guide for Coaches and Parents offers a thorough understanding of concussive brain injury its symptoms its potential long term effects and the current prevention options Equally important it provides insights into how this injury is treated and what parents and athletes can do to facilitate recovery In addition to explaining in simple clear and complete terms what a concussion is and how it can alter the brain function of children and youths this guide discusses new technologies and equipment that may help prevent concussion It looks at the incidence of concussion in football hockey cheerleading skiing and snowboarding soccer basketball and equestrian sports and it explores related issues such as the movement to have soccer and rugby players wear helmets A final chapter focuses on emerging research designed to facilitate better treatments and on safety measures including testing for a genetic predisposition to concussion A foreword from Lyle Micheli MD past president of the American College of Sports Medicine and author of The Sports Medicine Bible for Young Athletes commenting on the significance of sport related concussion in pediatric and adolescent sports A glossary A bibliography referencing key investigations in the scientific literature for readers seeking a more in depth scientific analysis 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

Are Some Sports Too Dangerous for Kids? Amy B. Rogers, 2018-07-15 Sports are fun but they can be dangerous too As more information becomes available about concussions and other injuries many people have wondered if certain sports such as football are too dangerous for kids to play People often have strong opinions about this topic and readers are introduced to these opinions in a way that enhances their critical thinking skills The facts readers need to develop their own informed opinion are included in the thoroughly researched main text and accompanying fact boxes A graphic organizer and full color photographs help readers visualize the many parts of this complex issue

The Youth Sports Crisis Steven J. Overman, 2014-10-14 This provocative critique of the youth sports movement examines the various issues surrounding children in sports and provides a plan for reform based on a change in philosophy and practice Many American children spend more than 20 hours a week in organized sports forgoing free time and unstructured recreational activities for the rigors of training and competition This book offers a comprehensive critique of the youth sports movement pitting the reality of adult run sports programs against the needs and interests of children It examines whether the tradeoff of normal play time for structured sports activities teaches discipline and leads to stronger character development or if the pressures of the game the physical strain of practicing and the general overscheduling of children s lives have eroded the benefits associated with playing sports Educator and former coach Steven J Overman contends that youth based sports programs require a radical change for the well being of the young participants The book explores the various problems in organized sports including stress on the family physical health hazards violence emotional duress elitism and hyper competitiveness Incorporating the perspectives of coaches athletes parents physicians and social scientists the narrative scrutinizes the role of adults as promoters and coaches and concludes with a discussion of current and needed reforms

Concussions and Our Kids Robert Cantu, Mark Hyman, 2012-09-18 A leading doctor shines the light on concussions CTE and keeping youth sports safe Gregg Easterbrook ESPN football columnist See the movie Concussion But first read the classic book from the acclaimed concussion doctor who s changing how America thinks about safety in youth sports From Washington to Quebec from offices at the NFL to the New York Times from the NHL players union to the soccer fields of Anytown USA people are talking about concussions

Long believed by experts to be a silent epidemic concussions are fast becoming the most dominating and important issue in all of sports At the center of this crisis and one of the key reasons for this increased awareness is Dr Robert Cantu the country s leading expert on athletic brain trauma and a pioneer in the study of the link between concussions and progressive brain disease in athletes He has treated thousands of patients who have experienced brain trauma from high profile professional athletes to peewees including young boys and girls who play soccer football lacrosse hockey and other sports And he is on the frontlines of groundbreaking research that is changing the way sports are played Concussions and Our Kids is the first prescriptive book of its kind to address the issue of head trauma in sports and provide preventive solutions to protect athletes and give guidelines for the way sports can be played safely Dr Cantu and sports journalist Mark Hyman have crafted a book that is part manifesto part manual explaining to parents and coaches what head trauma is why it has become a focus of national attention and why some practices in youth sports must change They also outline the measures we can take to protect our children Readers will learn The signs and symptoms of a concussion Three concussion tests parents can give at home Concussions and what rest really means How concussions improperly treated can develop into post concussion syndrome Why total brain trauma not just the number of concussions is a risk factor for chronic traumatic encephalopathy CTE Why helmets are no guarantee of safety Why concussions are prevalent in all sports not just football and hockey Addressing what sportswriter Bill Simmons calls the single most important issue in sports today this book is essential reading for parents coaches players and all those interested in young athletes their safety and their future well being Concussion in Professional Team Sports: Time for a Harmonised Approach? Alexandra Veuthey,2021-02-16 The risk of athletes sustaining concussion while participating in professional team sports raises two serious concerns both nationally and internationally First concussion in sport carries a public health risk given that injured athletes may have to deal with significant long term medical complications with some of the worst cases resulting in Chronic Traumatic Encephalopathy CTE Secondly sports governing bodies are now exposed to the risk of financial and reputational damage as a consequence of legal proceedings being filed against them A good example of this among many other recent examples is the case of the United States of America s National Football League NFL the governing body for American football which in 2015 committed to pay US 1 billion to settle the class action filed by its former professional players This book examines how to most efficiently reduce these public health and legal risks and proposes a harmonised solution across sports and legal systems **Concussions** William Paul Meehan III,2016-12-12 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 The devastating long term effects of concussions and the apparent mismanagement of concussion treatment among college and professional athletes have received major media attention in recent years Do athletes especially young ones and their parents understand the physical risks and potential lifelong costs involved with playing their sport Are injuries handled properly or are players careers and

teams successes put ahead of health and safety Written by a Harvard educated doctor who conducts clinical and scientific research in the area of sports injuries and concussive brain injuries this book provides readers with honest and authoritative information about concussions The book s chapters address the subject from all angles and shed light on current debates related to concussions caused by sports injuries and accidents **Sport, Ethics and Leadership** Jack Bowen, Ronald S. Katz, Jeffrey R. Mitchell, Donald J. Polden, Richard Walden, 2017-07-12 Sport ethics prompt discussion of the central principles and ideals by which we all live our lives and effective leadership in sport is invariably ethical leadership This fascinating new introduction to sport ethics outlines key ethical theories in the context of sport as well as the fundamentals of moral reasoning **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 Prevention 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 Prevention *Protecting School Age Athletes from Sports-related Concussion Injury* United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Health, 2013 **Neinstein's Adolescent and Young Adult Health Care** Debra K. Katzman, 2016-02-22 Highly regarded as the go to resource of adolescent medicine for more than 30 years Neinstein s Adolescent and Young Adult Health Care remains the 1 choice for those involved in the care of adolescents and young adults The 6th Edition continues to deliver practical authoritative guidance on everything from normal development to legal issues psychosocial care and special populations Extensive updates include the addition of young adult health care a new color design numerous new chapters more algorithms photos and bulleted text and fresh perspectives from a new senior editor and two new associate editors This renowned title is ideal for daily practice or board preparation and is recommended by the American College of Physicians for their internal medicine library The 6th Edition is a highly useful resource for pediatricians family practitioners gynecologists internists house staff nurse practitioners PAs residents medical students and fellows as well as school based clinics college health centers juvenile detention centers pediatric ERs and other facilities that serve adolescents and young adults Features One of the first texts to incorporate young adults into the scope of adolescent health care New full color design and more

clinical photos provide visual appeal and clarity New chapters cover U S and world data on the health of adolescents and young adults potential effects of technology use on youth and the growing issues regarding transgender adolescents and young adults New section explores special populations such as foster placement young adults in the military homeless incarcerated and immigrant youth and young adults Native American youth and more More algorithms and bulleted lists make the text more readable and useful as a quick reference Evidence based throughout with numerous references provided for further research Key topics include psychological issues ways to develop rapport with teenagers interviewing sports medicine LARC HPV substance abuse and college health Hundreds of useful websites on nearly every topic where professionals teenagers and parents can find up to the minute information

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

Neinstein's Adolescent and Young Adult Health Care Catherine M. Gordon,S. Todd Callahan,Richard J. Chung,Alain Joffe,Susan L. Rosenthal,Marie E. Trent,2022-12-29 The 1 choice for more than 35 years for those involved in the care of adolescents and young adults Neinstein s Adolescent and Young Adult Health A Practical Guide 7th Edition is your go to resource for practical authoritative guidance The fully updated seventh edition edited by Drs Debra K Katzman Catherine M Gordon S Todd Callahan Richard J Chung Alain Joffe Susan L Rosenthal and Maria E Trent offers a comprehensive view of the interdisciplinary nature of the field and is inclusive of the wide variety of health professionals who care for adolescents and young adults This award winning text features a full color design several new chapters numerous algorithms bulleted text throughout for quick reference at the point of care and fresh perspectives from new editors making it ideal for daily practice or certification examination preparation

Doc, When Can My Kid Play? Dr. Evan Mladenoff,2024-09-24 After you get a bump on the head does it feel like everything has gone wrong in your life Do you feel like everything you do makes you worse Are you stressed out that your doctor does not know why your headaches get worse when you play and they never go away If the answer is yes you are like so many of my patients from everyday people to professional athletes who are frustrated fed up and want to get answers for why they feel so bad after they get hit in the head They are tired of going to ER or urgent care for relief They have taken the recommended drugs they ve been listening to coaches that say You re okay It s just a bruise Now get in there and play and parents who do not know what to do or who to

turn to for answers Nobody has told them what they can and cannot do and whatever they do it makes them worse When all else fails they turn on themselves with a self deprecating attitude for poor implementation lack of discipline and lack of willpower But that s all about to change Doc When Can My Kid Play is about helping people take charge of their recovery from a concussion It is unique in its use of simple effective diagnostic capabilities that are readily available but not very well known or not favored or advertised in mainstream pharmaceutical driven health care Doc When Can My Kid Play is based on over forty years of taking care of professional college and high school level athletes who have hit their heads People who have been in car accidents mothers who have hit their heads while nursing their babies people who have fallen walking their dog or just getting up in the middle of the night to go to the bathroom and hitting their head while falling These patients received the standard level of care from their team the hospital ER department or from clinics positioned as specializing in sports medicine These people in all walks of life who sustained head trauma continue to have life altering problems and are looking for help Your search for answers of how to get help and what to do will be answered in Doc When Can My Kid Play

Youth Sports Concussion Act United States. Congress. Senate. Committee on Commerce, Science, and Transportation, 2014 **Winning the War Against Concussions in Youth Sports** William White, Alan Ashare, Katharine White Msn, William White Msn, 2014-09-04 Finally a youth sports head injury book with basic brain and life saving solutions Written for middle high school and college athletes parents and coaches Winning empowers readers with the key knowledge and basic tools needed to help prevent and offset brain damaging concussions and accumulated subconcussive impacts Winning the War Against Concussions in Youth Sports unveils a fast track brain wellness and safety solution for athletes 21 and under based on a patent pending innovation called Brain Performance Enhancement or BPE Called BPE Youth Fast Track this condensed version offers six best practices founded on Nobel Prize research findings and two new medical biosciences informing how to continuously improve the functioning preservation and growth of brain cells BPE Youth s quick win preemptive strike method also turns the tables on youth sports biggest day to day challenge youth playing head hurt by providing a Code of Honor and Behavior that successfully managed prevents this from happening For youth who play head hurt suffering another head injury can result in fatal or long term brain after effects This book engages players parents and coaches by sharing hot off the press neuroscience updates on youth sports head injuries in basic terms and offers this same approach for how BPE Youth Fast Track helps prevent and offset concussive and subconcussive brain cell damage scientists have learned is more significant and longer lasting than previously realized Winning s authors include an international youth sports head injury physician safety advocate and former U S Air Force Officer who originated Head s Up Don t Duck for USA Hockey over 20 years ago adopted by most sports and two clinician scientists one of whom coached 3 high risk youth sports for two decades while raising five high school college athletes one multiply concussed and serving as COO and Chief Patient Care Officer at the nation s first brain and behavioral health hospital exclusively for patients under 21 This book also focuses

on BPE Youth's capacity to enhance athletic performance and improve academic and socio emotional life a dream come true for youth athletes parents and coaches a select three some we call the Big 3 We leave no stone unturned that could prevent worst case concussion outcomes or longer term brain damage consequences every Big 3's biggest fear even teaching about sports head injury's potential to cause serious mental illnesses including clinical depression in youth athletes and how to best address and treat this worrisome reality Finally in an unprecedented overture given the urgency to reduce youth sports head injuries now with all that is at stake with this emerging U S public health crisis soon to emerge globally as the brain injury research on the world's most popular sport soccer surfaces we ask the Big 3 to partner with us to help spread the word about BPE Youth Fast Track's Best Practices and Honor Code using their social media networks led by youth athletes of course This interactive style extends to requesting feedback from the Big 3 on Brain In Play's Facebook page for how we can improve BPE Youth Fast Track going forward

The Youth Athlete Brian J. Krabak, M. Alison Brooks, 2023-06-22 The Youth Athlete A Practitioner's Guide to Providing Comprehensive Sports Medicine Care includes topics that provide the most comprehensive and holistic understanding of the youth athlete The foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs The middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g Female Athlete Triad Sports Specialization Final sections emphasize specific sports e g Soccer Basketball eSports allowing the reader to synthesize the previous information to assist with return to play decision making Written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care Incorporates evidence based approach highlighting the latest state of the art information and research Written by global content experts throughout the sports medicine field

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