

# CONCUSSION CARE

Get back in the game safely with help from  
UT Health Austin sports and injury specialists!

Concussions, also known as mild traumatic brain injuries (TBIs), are serious injuries that should always be assessed and treated by a medical professional to ensure both safe recovery and safe return to play.

**Anyone who suspects they have a concussion should immediately stop all physical activity and be evaluated by a medical professional within 24-48 hours.**

The Sports and Injury Clinic within UT Health Austin's Musculoskeletal Institute offers comprehensive concussion care for sports enthusiasts, including high school, club, collegiate, and professional athletes, ages 14 years and older.

We provide a multidisciplinary, individualized approach to care that includes a symptom-management and return-to-play treatment plan.

## SERVICES WE PROVIDE

Our goal is to determine the best treatment plan for concussion recovery to help athletes not only return safely to the game, but also to professional, academic, community, and home life. Clinic visits are comprehensive and include the following:

- Detailed discussion of injury history, symptoms, and pre-injury risk factors
- Medical evaluation with neurological exam
- Neuropsychological screening (e.g. attention, processing speed, memory)
- Education about expected recovery
- Individualized plan of care, including a symptoms-management and rehabilitation plan for a safe return to activities

## CONTACT INFORMATION

For more information or to schedule an appointment with a healthcare provider, please call **1-833-UT-CARES (1-833-882-2737)**.

Health Transformation Building  
1601 Trinity Street, Bldg. A  
Austin, TX 78712



## Common Concussion/TBI Symptoms



### PHYSICAL

- Balance problems
- Confusion
- Dizziness
- Fatigue
- Headache
- Nausea or vomiting
- Sensitivity to light or noise
- Stunned appearance
- Visual problems



### MENTAL/COGNITIVE

- Being forgetful of recent information and conversations
- Confusion about recent events
- Disorientation
- Experiencing slowed mental processing
- Feeling mentally “foggy” or slowed down
- Having difficulty concentrating
- Responding slowly to questions



### EMOTIONAL

- Excessive crying
- Feeling more emotional than normal
- Irritability
- Nervousness
- Sadness



### SLEEP

- Difficulty falling asleep
- Drowsiness
- Frequent awakening
- Sleeping more or less than usual

## Stepwise progression for return-to-play/activity/learning:

**1. Light aerobic activity without resistance**

**2. Sport/recreational activity without head impact**

**3. Non-contact drills and resistance training**

**4. Unrestricted training**

**5. Return to competition**

Athletes and those diagnosed with a sport or recreational-related concussion must be immediately removed from play and aggravating activities and cannot return to sport-related activity until they have been evaluated by the physician and sports concussion team. The initial management of a sport or recreational-related concussion is relative physical and cognitive rest.

Once the individual returns to a pre-concussion baseline level of symptoms, balance, concentration, and cognitive function, a stepwise progression for return-to-play will occur. Each step requires at least 24 hours of being symptom-free before advancing to the next step. If symptoms occur during the stepwise progression, the individual will return to the previous level in which no symptoms were experienced.