

# THE TRUTH ABOUT CONCUSSION

*A concussion is a mild traumatic brain injury (mTBI).  
Most concussions occur without losing consciousness.*

## SIGNS TO REMOVE A PLAYER FROM PLAY

**Not Moving** (Lying motionless)

**Wobbly/Stumbling** (Motor incoordination)

**Seizure** (Impact or after hit)

**“Frankenstein Position”** (Tonic posturing)

**Blank Stare** (Blank/vacant look)

**No natural protective reflexes** (Floppy)

## SIGNS TO SEEK IMMEDIATE HELP (911 or HOSPITAL)

**No sense of smell**

**Different pupil size**

**Unresponsive**

**Less responsive**

**Raccoon eyes** (Bruise under eye)

**Battle sign** (Bruising behind ear)

**More sleepy** (Excessive drowsiness)

**Increased strength in headache**

## DO'S AND DON'T

Schedule an appointment to follow up with baseline doctor

No loud sounds, no over stimulus

no bright lights (sun, phones, laptops, tablets, tv)

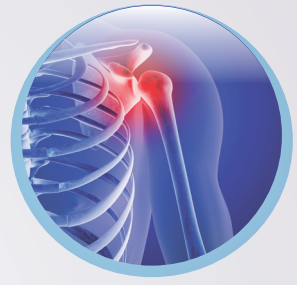
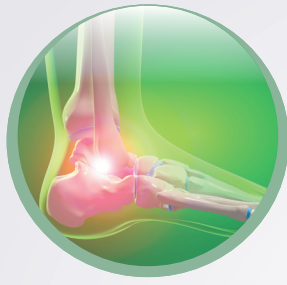
Notify people of importance (school nurse, athletic trainer, coach)

No Tylenol, Advil, Aleve, alcohol, tobacco, sleeping pills, and check  
any medication with the prescribing doctor first

331-248-5777  
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**BUCEK CHIROPRACTIC**



# BUCEK CHIROPRACTIC

## CONDITIONS TREATED

- Stress Fracture
- Shin Splints
- Tendonitis
- Sprains/Strains
- Undiagnosed Pain
- Migraines/Headaches
- Vertigo
- Acid Reflex
- Neck/Back Pain
- High Blood Pressure

## SERVICES WE OFFER

- Chiropractic Care
- Massage Therapy
- Concussion Evaluation
- Therapeutic Taping
- Infrared Sauna Sessions
- PEMF Mat Therapy
- Custom Orthotics
- Rapid Release Therapy



## CONTACT US

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