



## **Facts about Concussion**

- Hockey, Basketball, Lacrosse and Soccer have the Highest Rates of Concussion.<sup>1</sup>
- Approximately 36000 Minor Hockey players, in Ontario, suffer concussions yearly.<sup>2</sup>
- It is estimated that 1 in 2 concussions go undiagnosed/unreported.<sup>3</sup>
- 9 out of 10 times, Athletes who are concussed DO NOT lose Consciousness.<sup>4</sup>
- 70% of Concussions occur as a result of 'Player-to-Player' contact<sup>5</sup>
- "Non-Contact" Sports (including kids, women's and men's hockey, soccer & basketball) have a significantly higher incidence of concussion than the public is aware of.<sup>6</sup>
- Most trainers, first responders and physicians are not equipped with the knowledge and/or information to properly determine if an Athlete has been concussed.
- Globally, there is a lack of understanding by Athletes, Parents, Coaches, Trainers, Sporting Organizations, First Responders and Physicians with respect to all aspects of Concussion, including the Complexities of Diagnosis, Management and Follow-up of a Concussed Athlete.<sup>7</sup>
- Recovery Time from Concussion varies widely from Days to Weeks to Months.<sup>8</sup>
- Baseline Testing is a small component in the overall management of Concussion.<sup>9</sup>
- There is no existing Concussion Management Process for the treatment of Concussed Athletes in our Community.

## **The SportLab's Position on the Management of Concussion**

Based on an in-depth review of current and on-going research, statistics and literature, combined with our clinical knowledge and experience, The SportLab recommends each Local Sporting Organization (LSO) have a Concussion Management Program specific to their sport.

These unique Programs should include each of the following components:

1. A Concussion Education Program designed for each Stakeholder Group in the Sport
2. A Concussion Prevention Strategy tailored to the Sport
3. A Method for collecting objective Athlete Specific Data to assist health care practitioners in Diagnosis
4. The Design & Implementation of Comprehensive Treatment Protocol - including guidelines for Returning to Learn (School) and Returning to Play

For a Concussion Management Program to be successful, The SportLab believes it is critical that all stakeholders be included in the implementation of their sport specific program. Stakeholders include: Athletes, Parents, LSO Administrators, First Responders, Physicians, Coaches and Trainers.

See over for References

- <sup>1</sup> American Journal of Sports Medicine, 2012
- <sup>2</sup> The Globe and Mail, 2014
- <sup>3</sup> British Journal of Sports Medicine, 2013
- <sup>4</sup> American Journal of Sports Medicine, 2010
- <sup>5</sup> American Journal of Sports Medicine, 2012
- <sup>6</sup> Journal of Athletic Training, 2007
- <sup>7</sup> Ontario Neurotrauma Foundation, 2012
- <sup>8</sup> British Journal of Sports Medicine, 2005
- <sup>9</sup> British Journal of Sports Medicine, 2013