The Facts About Concussions

According to the Center for Disease Control, a concussion is a type of mild traumatic brain injury (mTBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth disrupting the normal function of the brain. No sports are completely immune to the risks of concussions, so before you enroll, know the facts.

Concussion facts every parent, athlete and coach needs to know:

- Concussions are a complex type of brain injury that is not visible on a standard brain scan, but can be detectable when specific aspects of brain function are measured, such as vision.
- Since areas of the brain that control vision and eye movements are vulnerable to trauma, concussions commonly lead to visual symptoms and clinical signs.
- Eye movement function is impaired after even mild traumatic brain injury.
- Effects of mTBI can include impaired eye movements, thinking or memory.
- Nearly 90% of concussions occur without losing consciousness or being "knocked out."
- Younger athletes may be more vulnerable to concussion and may take longer to heal.
- A majority of concussions are not witnessed or go unreported.
- Adding the King-Devick Test to sideline concussion evaluations significantly improves detection.
Importance of Immediate Concussion Recognition

- King-Devick Test defects can be detected immediately on the sidelines while other concussion symptoms may not become apparent for hours or days.
- Second Impact Syndrome is a rare, but sometimes fatal event, that occurs when a second concussion occurs before signs and symptoms of a first concussion have resolved.
- Proper concussion management can lead to improved outcomes and recovery.
- Athletes with a history of concussion are up to eight times more likely to suffer another.
- Post-concussion symptoms include vision-related issues, fatigue, sleep disruption, anxiety, depression, headache, and anxiety.
- Athletes commonly underreport their symptoms of concussion.
- Less than half of schools have access to an athletic trainer.
- Individuals with a concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

The Facts about King-Devick Test in association with Mayo Clinic

King-Devick Test quickly screens for impairments of eye movements, visual processing, concentration, attention, speech, language, as well as other correlates of brain function, including concussions. A proven and effective tool, the King-Devick Test is a sideline concussion test that even screens for unwitnessed and unreported concussions.

- It is a 2-minute sideline concussion screening test that is effective in capturing the multiple dimensions of concussion.
- It is not affected by physical fatigue or environmental noise.
- The King-Devick Test can be reliably administered by parents, coaches and athletic trainers.
- The King-Devick Test has been studied and validated for sports, including football, hockey, rugby, soccer, mixed martial arts, boxing and more.
- It is proven for athletes as young as five years old, and up to the professional level.

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