

CONCUSSION

BASICS



1 A concussion is a type of brain injury

2 You don't need to be knocked out to have a concussion

3 If you have a concussion in training...STOP

Repeat head blows before recovery from a concussion could be dangerous and could slow your recovery

4

Concussions can happen in competition and in training

5

After a hit to the head, neck, body or takedown you can suffer a concussion

6

Concussions are not seen on standard brain imaging (CAT scan/MRI)

7



POSSIBLE SYMPTOMS

- Depression
- Anxiety
- Irritability
- Headache
- Nausea
- Vomiting
- Impaired thinking
- Slow reflexes
- Blurred Vision
- Balance issues
- Sleep Disturbances
- Coordination Issues



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2

3



RETURN

You can go back to light activity a few days later with things like swimming, running and biking.
NO CONTACT TRAINING

Training intensity should not be increased if it makes your concussion symptoms worse

You should **NOT** RETURN to contact training until all concussion **SYMPTOMS** ARE **GONE** and you have been cleared by a doctor



HELP

If you have a concussion you should see a doctor:

- Before you return to contact training/sparring
- If your symptoms change for the worse
- If your symptoms last more than 7-10 days

IF YOU NEED HELP WITH DOCTORS AND MEDICALS CONTACT @FIGHTINGFOUNDATION



Fighting Foundation

FIGHTINGFOUNDATION.ORG



RINGSIDEARP.ORG

CTE

Chronic Traumatic Encephalopathy



01

CTE is a brain disease that could impair brain function, negatively affecting memory, thinking, emotions and movement.



02

Symptoms of CTE can begin years after receiving repetitive hits to the head.



03

More frequent hits over a longer period of time may increase your risk for CTE.



04

Scientists are still learning about CTE but think there may be **other risk factors** for CTE including genetics and drug/alcohol use.



05

Repetitive hits to the head, even when they don't cause a concussion, are a risk factor for developing CTE.

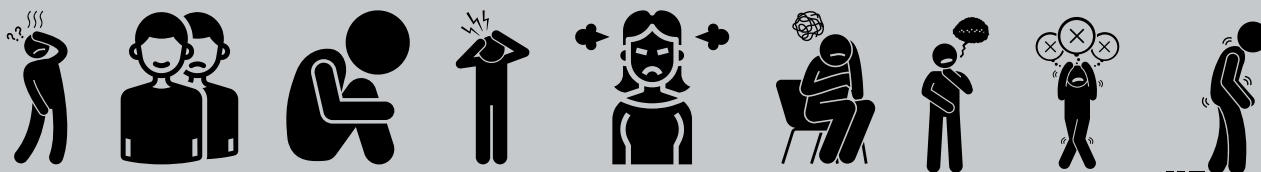


06

CTE currently can only be diagnosed after death by looking at the brain under a microscope.

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Memory Problems - Mood swings - Depression - Anxiety - Frustration
- Difficulty thinking - Slurred speech - Parkinsonism



Currently there is no cure for CTE but doctors can treat the symptoms



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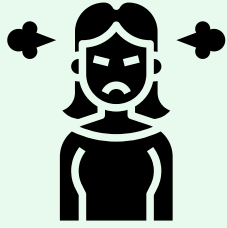


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CTE

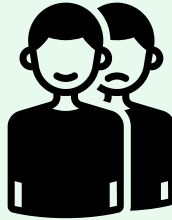
SYMPTOMS



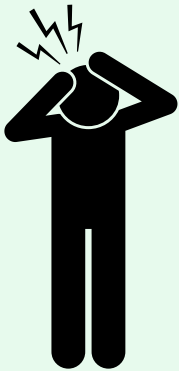
FRUSTRATION



DEPRESSION



MOOD SWINGS



ANXIETY



DIFFICULT THINKING



MEMORY PROBLEMS



SLURRED SPEECH



PÄRKINSONISM

**THERE IS NO CURE FOR CTE YET
BUT DOCTORS CAN TREAT THE SYMPTOMS**

