

Excerpt from *Sport First Aid*, 4th Edition

Melinda J. Flegel

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CONCUSSION RECOGNITION AND FIRST AID

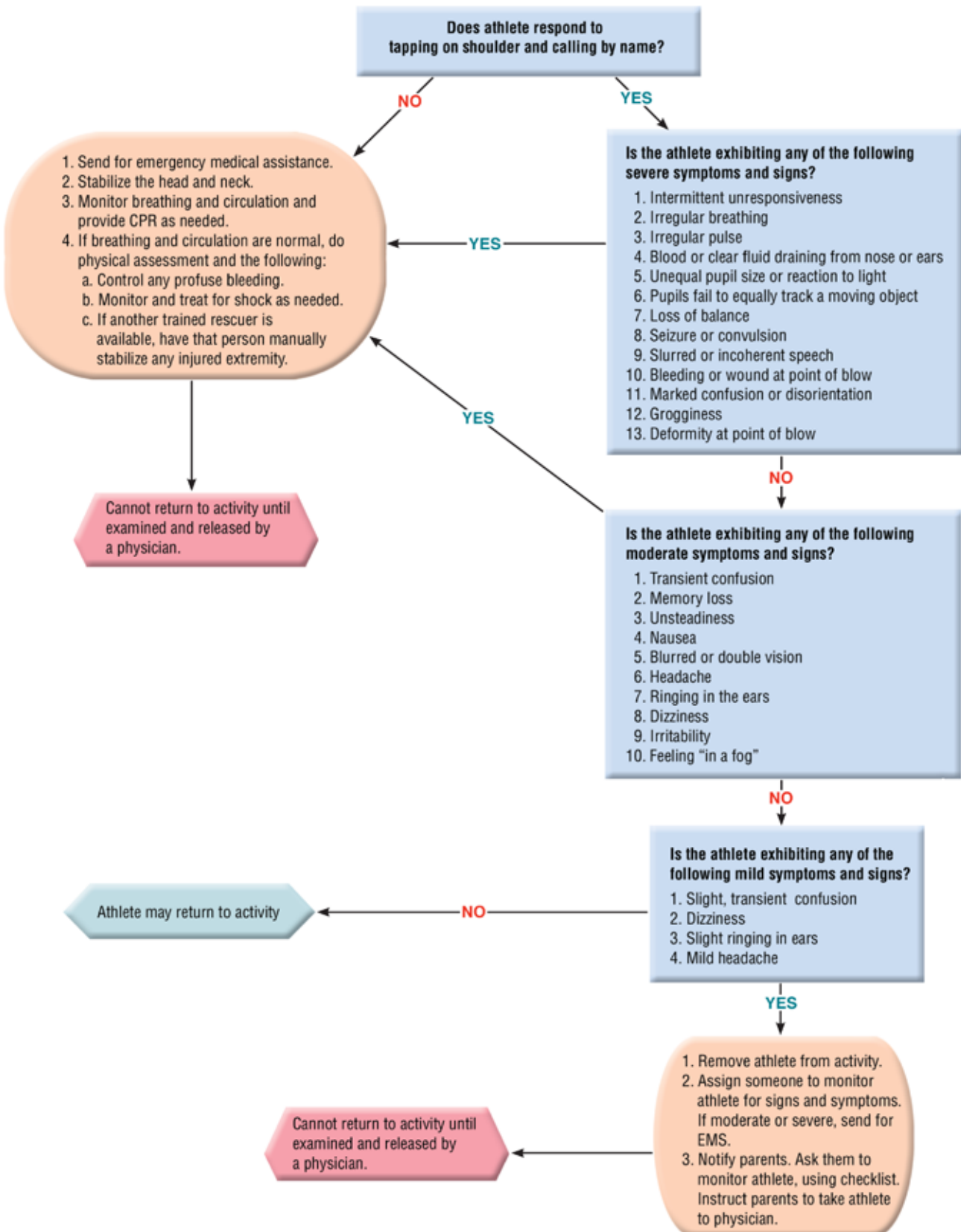
Each year there are news reports about catastrophic injuries like Penn State cornerback Adam Taliaferro's paralyzing collision with an Ohio State University tailback in 2000. Fortunately, Adam walked away from paralysis, but in 2002, Penn State University suffered another blow. Sophomore pole-vaulter Kevin Dare died from head injuries that he sustained when he fell backward during a vault and hit his head on the metal box used to plant the pole. And in 1999, New York Ranger defenseman Jeff Beukeboom hung up his skates after suffering two concussions in one season. Beukeboom, who reportedly suffered 5 to 10 concussions during his career, subsequently experienced headaches, concentration difficulties, and memory lapses.

Concussions recently took center stage in Congress as doctors, NFL executives, and former NFL athletes testified in front of a congressional committee charged with helping to protect professional football players from debilitating brain injuries. Unfortunately, head injuries and their potentially devastating consequences are not unique to college or professional sports. In a recent study of high school athletic injuries (Comstock, Collins, and Yard 2008), 8.8 percent of all reported injuries involved concussions.

There is no such thing as a minor brain injury. Even minor concussions injure the brain—nothing to be taken lightly. So, to minimize the possibility of long-term disabilities and fatalities, appropriate recognition and first aid response are critical for head injuries. ASEP's Concussion First Aid Protocol, taken from the ASEP Sport First Aid text book and online course, is a great resource to help you assess and provide first aid care for concussions and other closed head injuries.

Concussion

Athlete suffered a direct blow or snapping injury to head.



About the Author

There is no such thing as a minor brain injury!

Refer to:
ASEP's
Concussion First Aid Protocol.

Melinda J. Flegel has more than 20 years of experience as a certified athletic trainer. For 13 years, she was head athletic trainer at the University of Illinois SportWell Center, where she oversaw sports medicine care and injury prevention education for the university's recreational and club sport athletes. During that time, she also taught in the university's undergraduate athletic training program.

As coordinator of outreach services at the Great Plains Sports Medicine and Rehabilitation Center in Peoria, Illinois, Flegel annually provided athletic training services to athletes at more than 15 high schools as well as consulted with their coaches about sport first aid. As the center's educational program coordinator and an American Red Cross CPR instructor, Flegel gained valuable firsthand experience in helping coaches become proficient first responders.

Flegel is currently a doctoral student at the University of Illinois. She received a master's degree in physical education from the University of Illinois in 1982. She is a member of the National Athletic Trainers' Association and National Strength and Conditioning Association, and she has been a certified strength and conditioning specialist since 1987. She is currently associate director of professional education at Human Kinetics, Inc., where she oversees the development of online courses for athletic trainers and fitness professionals. In her leisure time, Flegel enjoys photography, walking, and crafts.

The **ASEP Sport First Aid course**, offered online, in the classroom, or in a blended format, provides coaches with clear guidelines on what's expected of them as first responders, as well as action steps for the care and prevention of more than 110 athletic injuries and illnesses. Sport First Aid is recognized by state high school associations, school districts, state departments of education, and other individual sport organizations as meeting certification requirements. The training you receive in this course can save lives. For information on registering for the ASEP Sport First Aid online course, adopting Sport First Aid for your coaching program, or becoming an instructor, visit the ASEP web site at www.ASEP.com or call this toll-free number: 800-747-5698.

To order a copy of the book *Sport First Aid* (4th ed.)
click [here](#) or call toll free at 800-747-4457.



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