

Sports Concussion: Know the Signs

Because of the potential long-term consequences of a concussion, it is important that athletes, coaches, trainers, and parents know as much as possible about how to recognize one. In addition to loss of consciousness, common symptoms include:



Balance problems, dizziness



Confusion



Difficulty speaking and communicating



Drowsiness



Headache



Nausea, vomiting

Athletes should NOT return to sports until they are evaluated and cleared by a doctor.

See more symptoms at [OrthoInfo.org](https://www.orthoinfo.org)