Remember, the effects of a concussion can be subtle and may only be detected by someone experienced in recognizing the signs and symptoms of mild concussion.

For more information, to schedule an appointment, or to set up an educational seminar, please call us at (585) 275-0299 or visit concussion.urmc.edu.

Patients are seen at the following locations:

**URMC Orthopaedics and Rehabilitation**
Brighton
4901 Lac de Ville Blvd., Bldg. D | Rochester, NY 14618

**Greece**
10 South Pointe Landing | Rochester, NY 14606

**Rochester Neurosurgery Partners**
2180 S. Clinton Ave. | Rochester, NY 14618

WE ACCEPT MOST MAJOR INSURANCES. Some insurance carriers require a referral from a primary care physician.
What Is a Concussion?
A concussion occurs when a sudden force to the body interrupts brain function. Although it is commonly believed that a head injury is involved, this is not always the case. Not every head injury results in a concussion—and other serious brain, head and neck injuries could coincide with a concussion.

What Are the Symptoms?
A concussion involves changes in the chemistry of the brain; however, an athlete does not need to lose consciousness to have a concussion.

The most common symptoms are:
- Headache
- Dizziness
- Confusion
- Ringing in the ears
- Blurred vision
- Sensitivity to light or noise
- Upset stomach and/or vomiting
- Difficulty sleeping
- Cognitive disturbances such as memory lapses
- Difficulty retaining new information

Some of the above symptoms will only last an hour or two and others may last up to one week. In rare cases, symptoms may persist for three or more weeks. This is called “post-concussion syndrome.” If symptoms continue, an individual may require more in-depth neurological care. Our team can perform an examination and facilitate further evaluation if needed.

How Can the URMC Sports Concussion Program Help?
If an athlete is suspected to have suffered a concussion, he or she may be referred to one of the URMC Sports Concussion Program physicians. After we review all symptoms and perform an examination, we’ll determine if any further tests, such as a CT scan, are necessary. Because sports-related concussions may be treated in a variety of ways—our physicians will also develop the most appropriate care plan.

The URMC Sports Concussion Program physicians have a long history of clinical and translational research with concussion patients and continue to actively research better ways to diagnose and treat the condition.

Examples of tests that may be performed include:
Evaluation of balance using the Balance Error Scoring System and Nintendo® Wii™ Balance Board.
Advanced brain imaging with MRI, susceptibility weighted imaging (SWI) and diffusion tensor imaging (DTI).

When Can an Athlete Return to Play?
Most athletes recover completely and can return to play within a few weeks. Typically, athletes are removed from sports until all symptoms have resolved and, if they have taken a neuropsychological test, their scores have normalized. Athletes must pass a supervised graduated return-to-play protocol before being allowed unrestricted sports participation.