

# PROTECT YOUR BRAIN



## CONCUSSION SIGNS OBSERVED BY COACHES AND PARENTS

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events before or after the hit or fall
- Has seizures or convulsions



## SUSPECTED CONCUSSION ACTION STEPS

- Immediately remove athlete from play
- Talk to your school's certified athletic trainer, team doctor or school nurse if a concussion is suspected
- Keep athlete out of physical activity until they are seen by a medical professional
- Get written permission to return to activity from a medical professional trained in concussion management



## CONCUSSION SYMPTOMS REPORTED BY ATHLETES

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"
- Trouble using arms or legs

If you suspect that an athlete has a concussion, contact the Wake Forest Baptist Health Concussion Clinic where we have medical professionals trained in concussion management: 336-716-WAKE



## SPORTS MEDICINE

Download our guide at [WakeHealth.edu/SportsMedicine](http://WakeHealth.edu/SportsMedicine)  
To make an appointment, call 336-716-WAKE

 Wake Forest<sup>®</sup>  
Baptist Health

# GO WHERE THE ATHLETES GO

At Wake Forest Baptist Health, our goal is to get you back in the game and keep you active. We treat every type of bone, muscle and joint injury and pain with specialists who are experts in your sport and your condition. No matter the performance level or age, each athlete receives the same advanced techniques and high standards of care that we provide every day to youth, college and professional athletes throughout central and western North Carolina.

## CERTIFIED ATHLETIC TRAINER PROGRAM

Athletes in the Winston-Salem/Forsyth County School (WS/FCS) system, Wilkes County School system, Lexington Senior High School and some Guilford County High Schools receive treatment and injury prevention guidance through the Wake Forest Baptist Health Certified Athletic Trainer Program.

Each high school has a dedicated Wake Forest Baptist athletic trainer that keeps student athletes safe and healthy. Athletic trainers work daily with the coaching staffs and Wake Forest Baptist sports medicine specialists to provide expert level care to student athletes.

### ASHEBORO

**Sports Medicine and Joint Replacement of Asheboro**  
223 W. Ward Street, Suite B  
336-333-6443

### BERMUDA RUN

**Orthopaedics–Davie**  
329 NC Highway 801 N.  
336-726-8200

### GREENSBORO

**Sports Medicine–Proehlific Park**  
(inside Proehlific Park, 2nd floor)  
4517 Jessup Grove Road  
336-702-5635

**Sports Medicine & Joint Replacement of Greensboro**  
200 W. Wendover Avenue  
336-333-6443

### HIGH POINT

**Orthopaedics–Premier**  
4515 Premier Drive, Suite 300  
336-802-2250

### Orthopaedics & Sports Medicine–High Point

611 Lindsay Street, Suites 100 & 200  
336-905-6100

### LEXINGTON

**Lexington Medical Center**  
250 Hospital Drive  
336-249-2978

### NORTH WILKESBORO

**Orthopaedics–West Park**  
1917 West Park Drive  
336-903-7845

### SALISBURY

**Orthopaedic Associates–Salisbury**  
605 Grove Street  
704-633-6442

### WINSTON-SALEM

**Sports Medicine–Stratford**  
1901 Mooney Street  
336-716-8091

### Medical Plaza–Miller

131 Miller Street  
336-716-8091

### Sports Medicine–Piedmont Plaza

Piedmont Plaza 1  
1920 W. First Street  
336-716-4479

For more details and a list of our providers, visit [WakeHealth.edu/SportsMedicine](http://WakeHealth.edu/SportsMedicine).

## INJURED DURING THE WEEKEND? WALK-IN OR CALL AHEAD.

Our Sports Medicine specialists are available on Saturdays:

**Sports Medicine–Stratford**  
8 am–Noon

**Sports Medicine–Proehlific Park**  
8 am–1 pm

**SAME-DAY/  
NEXT-DAY  
APPOINTMENTS  
OFTEN AVAILABLE:**

**336-716-WAKE (9253)**

**WakeHealth.edu/  
SportsMedicine**

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