CAROLINA
FAMILY PRACTICE & SPORTS MEDICINE

JUNIOR CANES

Carolina Junior Hurricanes Injury Contact/Guidance

Youth Players

For all injuries

If you have an **emergency: Call 911**

If you need to be seen by a physician, please call **919-238-2000** to schedule. Please tell the schedulers that you are a Junior Hurricanes player when scheduling.

Concussions:

Identifying concussions:

An athlete who demonstrates **any** of the following signs or symptoms **following a blow to the head or body**, should be removed from play for a suspected concussion.

Headache	Fatigue	Irritability
Dizziness	Feeling mentally foggy	Sadness
Balance problems	Feeling slowed down	Feeling more emotional than usual
Nausea	Confusion	Nervousness
Vomiting	Difficulty concentrating	Drowsiness
Sensitivity to light or noise	Difficulty remembering events	Sleeping more or less than usual
Numbness & tingling	before or after the injury	Trouble falling asleep

As soon as you suspect a concussion:

1. Remove the player from activity and do not let them return until they have been evaluated by a healthcare provider with training in concussion management.
2. Call the **Carolina Sports Concussion Clinic hotline: 919-238-2017** to be evaluated ASAP.
3. Implement relative rest (both physical and cognitive).
    - Ok for brief periods (5-15 minutes) of reading, listening to music, board/card games, etc.
    - Avoid screens as much as possible
    - Ok for slow pace walking x15 min/day, no strenuous activity or strength training
    - If symptoms worsen during ANY physical/cognitive activity, discontinue the activity immediately

Call **911 or go to the nearest emergency room** if any of the following signs and symptoms present **SUDDENLY** after sustaining a blow to the head:

- Headache that worsens significantly
- Slurred speech
- Repeated vomiting
- Seizure
- Prolonged loss of consciousness (greater than 30 seconds)
- Significant midline neck pain, associated with any weakness or numbness of arms or legs
- Marked increased in irritability, confusion, or unusual behavior
- Inability to recognize people or places
- Looks drowsy and or cannot be awakened/aroused
- Loss of vision