

You have suffered a head injury

I have examined you and I do not think it is serious. You should be watched by a responsible adult over the next 24 hours as rarely complications can develop as a result of the injury. Please show them this advice leaflet

- Do not leave the fighter alone.
- Make sure that there is access to a telephone and that the patient stays within easy reach of medical help.

Things to look out for

- Is the fighter difficult to wake up?
- Is the fighter very confused?
- Does the fighter complain of a severe headache not helped by painkillers?
- Has the fighter vomited?
- Has the fighter had a seizure (fit)?
- Has the fighter passed out (fainted)?
- Has the fighter complained of weakness of numbness in an arm or leg?
- Has the fighter complained about not being able to see normally?
- Has the fighter had any watery fluid coming from their ear or nose?

If the answer to any of these questions is YES or you are worried about anything else, you should take the fighter to your nearest Accident and Emergency department.

HEAD INJURY

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Advice for fighters and the person looking after a fighter who has had a head injury



Extra advice to help you get well

Following this advice will help you to recover from your head injury more quickly and may stop any symptoms from happening

- ✓ You can take simple painkillers like paracetamol or ibuprofen
- ✓ Do have plenty of rest (both physically and mentally)
- ✓ Avoid noisy stressful situations
- ✓ Do not take any alcohol
- ✓ Do not take sleeping pills sedatives or tranquillizers
- ✓ Do not return to any sporting activity for at least 1 week
- ✓ If you were unconscious or had significant symptoms after your head injury do not return to full contact activity for at least 4 weeks.

Concussion

Concussion is a disturbance in the brain function caused by direct or indirect force to the head. You may have symptoms such as

- Slight headache
- Dizziness
- Memory problems
- Poor sleep
- Poor concentration
- Irritability / being easily annoyed
- Tiredness

What to expect

These symptoms usually clear up after 2 weeks or so without any treatment. Try not to worry about them.

If the symptoms do not clear up after 2 weeks you should see your own GP.

Return to sport

Before you return to training it is important that you follow a step wise approach. This will allow you to return safely. It will mean you are less likely to exacerbate your symptoms and as a result delay your recovery.

Return to play protocol

Level 1	No physical activity/ complete rest
Level 2	Low level physical activity eg walking, stationary biking, light jogging light weightlifting (low weight high reps no bench no squat)
Level 3	Sport specific training/ moderate level activity with head and body movement eg shadow boxing, light pad work
Level 4	Heavy non-contact activity eg light sparring (no head shots) regular weightlifting running/ sprints
Level 5	Full contact controlled sparring
Level 6	Full contact – return to competition

You must be sure that your symptoms have completely cleared at each exercise level for at least 24 hours before proceeding to the next level

If symptoms develop at any exercise level then you should return to level 1 and have 24 hours rest.

Remember

You should not return to any sporting activity for at least 1 week (level 1)

If you were unconscious or had significant symptoms after your head injury do not return to full contact activity (level 5) for at least 4 weeks.