

# Sports Concussion Clinic

The Sports Concussion Clinic at Swedish Spine, Sports & Musculoskeletal Medicine was developed to provide comprehensive concussion management and help guide return-to-play decisions for children and adults. We provide assessment of concussion severity, physical evaluation, ongoing monitoring, neuropsychological evaluation, education, and academic support.

## What is a concussion?

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow or jolt to the head that can change the way your brain normally works.

## What are the symptoms of a concussion?

After a concussion, some people lose consciousness for a short time; however, most concussions do not result in a loss of consciousness. Symptoms of a concussion usually fall into four categories:

### Thinking / Remembering

Difficulty thinking clearly, feeling slowed down, difficulty remembering new information, or difficulty concentrating

### Physical

Headache, sensitivity to light and noise, nausea, feeling tired, fuzzy or blurry vision, dizziness or balance problems.

### Emotional / Mood

Irritability, sadness, nervousness

### Sleep

Sleeping more or less than usual, trouble falling asleep

If you have any of the following symptoms, immediately seek care at the emergency department: a headache that gets worse and does not go away, weakness, numbness or decreased coordination, repeated vomiting or nausea, slurred speech, one pupil larger than the other, convulsions or seizures, confusion or agitation, cannot recognize people or places, or loss of consciousness.

**Evaluation Components:** Physical Evaluation, Balance Testing and Neurocognitive Assessment (Baseline and Post-Injury Testing available)

## Our Team

- Sports Medicine Physicians
- Physical Medicine & Rehabilitation Physicians (Physiatrists)
- Neuropsychologist
- Physical Therapists
- Speech Therapists



For Referrals or Appointments to the Sports Concussion Clinic, Please call 425-498-2272 or 206-386-2677

[swedish.org/spinesports](http://swedish.org/spinesports)