

SWEDISH SPINE, SPORTS AND MUSCULOSKELETAL MEDICINE

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



www.swedish.org/spinesports