

Mayo Clinic Medical Edge

N33 Water Sports and Concussions

Intro: The risk of concussions in youth sports like football and hockey has been in the spotlight a lot lately. But concussions don't just happen because of collisions on the gridiron, rink or playing field. They can happen on the water too. Experts at Mayo Clinic want to make sure people know that even at slow speeds, a skier, wake boarder or even someone riding behind the boat on an inner tube can get a concussion when they hit the water.

Video

Audio

TRT 1:54 Voice of Vivien Williams	Like many 14-year-olds, Will Midthun [Mid'-tune] loves water sports.
Will Midthun	"It's very fun."
Voice of Vivien Williams	But not long ago, he got a concussion when he wiped out on his wakeboard.
Will Midthun Had concussion	"I was crossing the wake and I guess I just got some air and then I came down with my toe and hit the water and flipped forward really hard."
Voice of Vivien Williams	Will didn't lose consciousness, but he did lose his memory. He kept asking the same questions over and over.
Will Midthun	"What day is it? Why does me arm hurt did something happen?"
Voice of Vivien Williams	Other symptoms included confusion, being emotional, and...
Will Midthun	"I had a headache. I was very drowsy and felt like I needed to lie down."
Voice of Vivien Williams	Classic symptoms of a concussion
Jim Homme, M.D. Mayo Clinic Pediatrician	"From a water sport perspective there's plenty of opportunity to get them."
Voice of Vivien Williams	Dr. Jim Homme [Hahm'-me] was the pediatrician on duty when Will arrived at the Emergency Department. He says concussions from water sports are often a matter of how you land. For example, Will likely got the concussion because his head rotated and snapped back when he hit the water. But no matter how you

	get the concussion, treatment is standard.
Jim Homme, M.D. Mayo Clinic	“The mainstay of treatment is rest. Both brain rest and physical rest.”
Will Midthun	“Not to have any screen time.”
Voice of Vivien Williams	Including texting and TV
Will Midthun	“Not to read and just to sleep.”
Voice of Vivien Williams	And as symptoms gradually get better kids can slowly return to activity. The Centers for Disease Control and Prevention has guidelines on-line about recovery, a process that can takes weeks, or even months.
Will Midthun	“I feel fine now.”
Voice of Vivien Williams	Will recovered fully after about 6 weeks. Now he’s happy to be back on the water.
Will Midthun	“I can start doing the things I always used to do.”
Voice of Vivien Williams	For the Mayo Clinic News Network, I’m Vivien Williams.

Anchor tag:

D. Homme says waiting until concussion symptoms resolve is key, because if you sustain another injury you could prolong your recovery.

If you suspect your child has a concussion, talk to a health care provider. If symptoms are severe or progressively get worse seek emergency medical care.

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