

Mayo Clinic Minute

Back to School Concussion Screening

Video	Audio
Vivien Williams	Fall sports are in full play at many schools.
Vivien Williams	All kids are at risk of concussion, especially those in contact sports. (NATS)
Jennifer Maynard, M.D.	“A concussion happens when there’s a force transmitted to the brain.”
Vivien Williams	Sports medicine specialist Dr. Jennifer Maynard helped initiate a preconcussion screening program at Mayo Clinic.
	“Follow my finger.”
Vivien Williams	Before athletes start, they go through testing to determine what’s normal. Then, if they get a concussion, they’re screened again and can’t return to play until their test scores are back to baseline.
Jennifer Maynard, M.D. Sports Medicine Mayo Clinic	“When in doubt, sit them out, because you don’t want to put them at risk for getting a subsequent injury that could lead to longer lasting effects.”
	Symptoms of concussion include headache, blurry vision, confusion, balance problems, sleep disturbances and emotional issues, such as anxiety and sadness. If you suspect a concussion, pull the child from play and follow up with a health care provider. For the Mayo Clinic News Network, I’m Vivien Williams