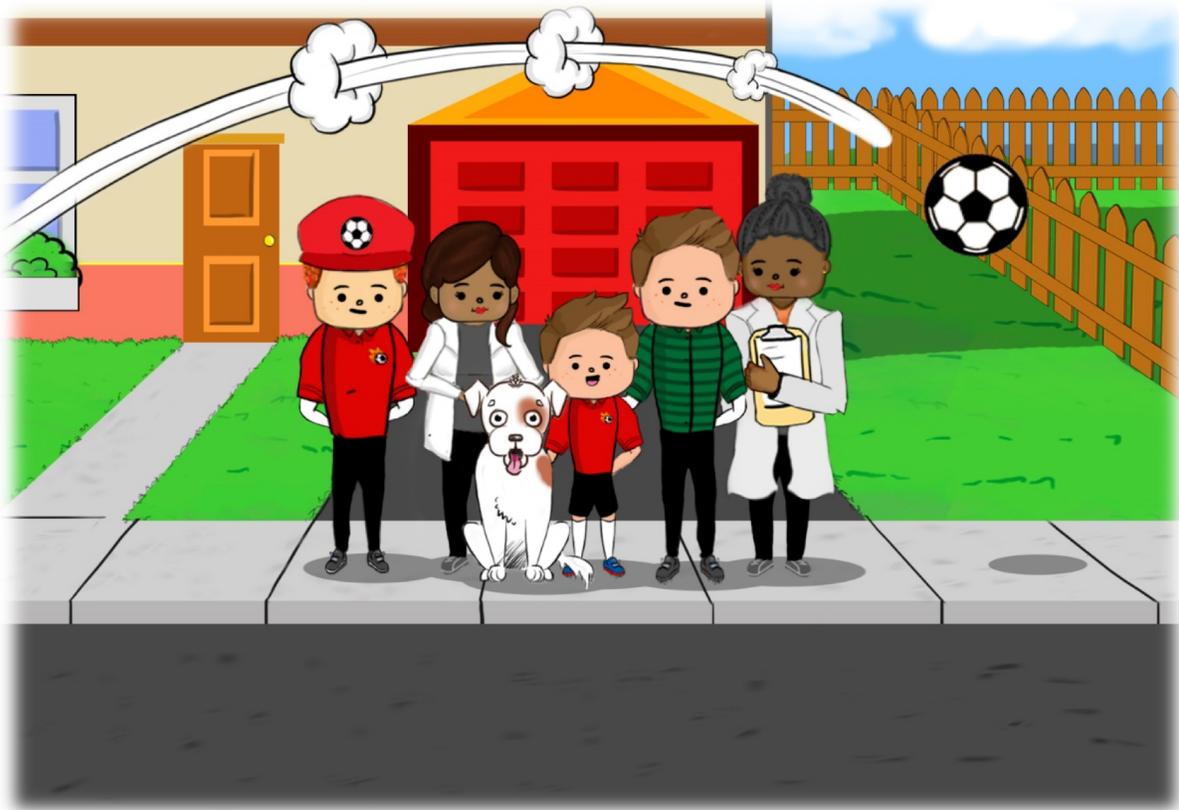


Dear Diary:

The Time I Had a Concussion



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July 16th

Today's soccer game was the most important one yet. Winning today's game was important to be able to have a chance at winning this year's championship.



The weather was nice, and everyone was excited for the game!

Coach Drew: Are you ready to win this one, Brad? We need you to bring your A-game today!

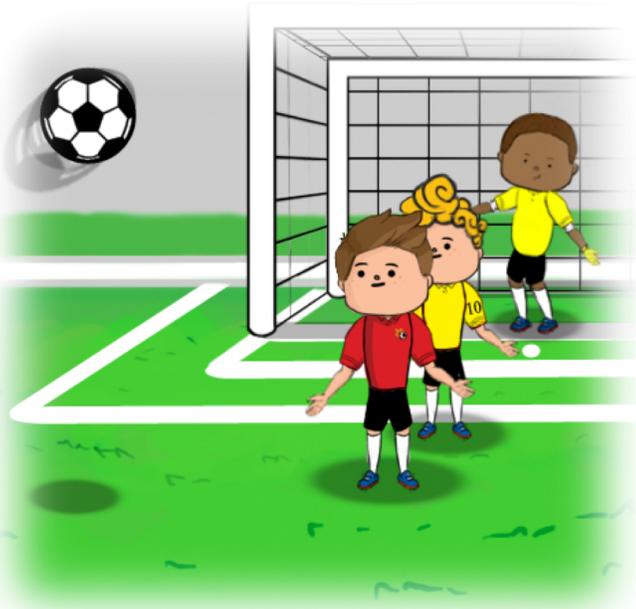
Bradley: You bet!

Coach Drew: You're going to play on top today with Johnson.

Bradley: As striker?

Coach Drew: Sure! The team really needs you out there today!





The ball was kicked, and I stood right in front of #10. I was focused, ready to quickly jump for the ball and put it in the net.

1, 2, 3, JUMP!



And then BAM!! I slammed the back of my head directly into player #10 as I jumped for the ball...

That hurt! I don't remember falling, but I heard shouts from the crowd as I sat on the grass. I'm not sure whether I even touched the ball, but I know it did not end up in the net.

Dad: Brad, are you okay? How are you feeling?

Bradley: I don't know... My head hurts and I feel funny.



As my dad and Coach Drew helped me up, I started feeling dizzy. My head was still hurting, and I felt like I was about to throw up.

Coach Drew: I think it's best if you sit out for a bit, Brad.

Bradley: Why? I want to keep playing.

Dad: Brad, Coach Drew is right. That was a pretty hard hit. I don't think you should continue playing this game.

Coach Drew: Don't worry, champ. We'll win this one for you!



My dad decided that it was best to get me checked by our family doctor. He was worried that I may have suffered a "concussion". After all, I wasn't really feeling like myself after I hit my head. I was feeling sick to my stomach. My head hurt more than ever, and the sunlight coming through the windows was hurting my eyes. Something was not right.



Dr. Nelson was really nice and asked me all kinds of questions about soccer. She also asked me questions about today's game and about how I've been feeling.

Dr. Nelson: What happened exactly when you jumped for the ball?

Bradley: I don't remember much but my dad told me that I missed the ball and hit the back of my head against another player's forehead.

Dr. Nelson: How did you feel right after that happened?

Bradley: My head was hurting and it seemed like everything around me was spinning. Dad and coach Drew helped me up from the ground, but that just made me want to throw up.



Dr. Nelson: And how are you feeling now?

Bradley: I still have a headache, and my eyes hurt when there's a lot of light in the room.

Dr. Nelson: I see. Well, it looks like you had a concussion. This means you hit your head hard enough for your brain to be upset.

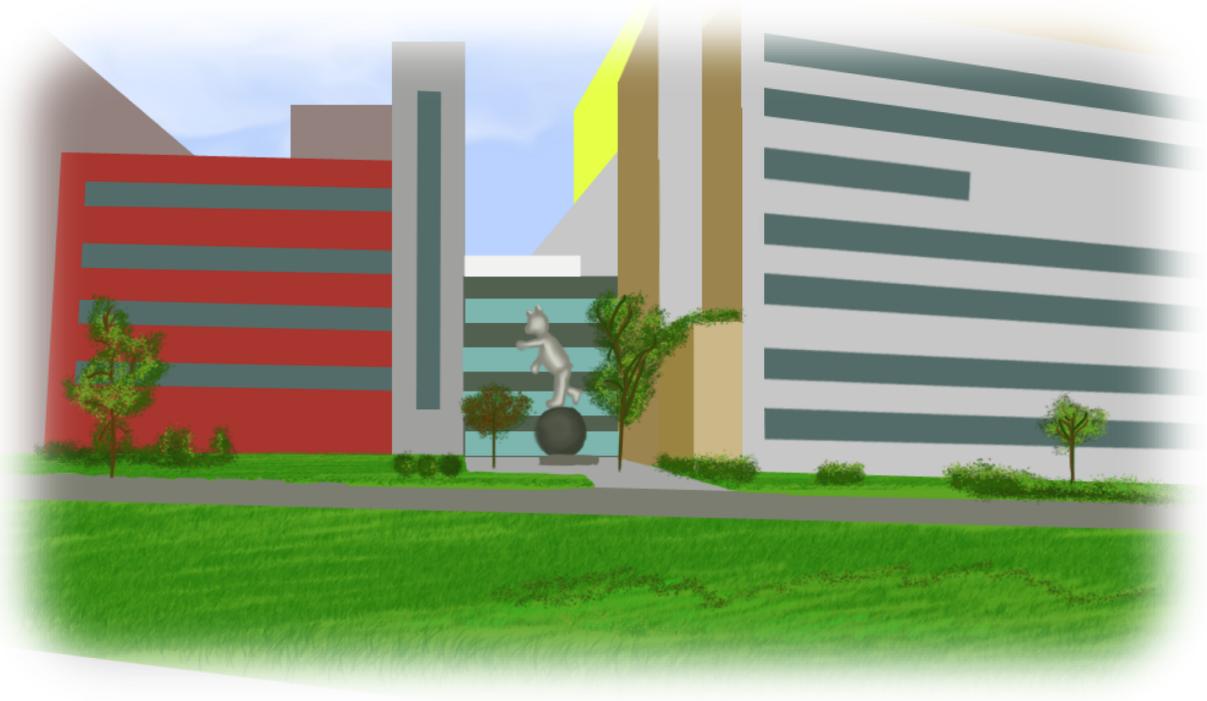
Bradley: Oh no! Will it ever go away?

Dr. Nelson: Sure! The symptoms you are feeling should go away gradually. But for the next few days, you will have to let your brain rest well. This means no TV, video games, computers, or doing anything that's too noisy. You will also have to be seen at the Concussion Clinic of the Montreal Children's Hospital before we determine how to take it from here.



July 24th

It has been about a week now since I had my concussion. My headaches have gotten less painful and I don't feel as sick anymore. Dr. Nelson said that I should go to the Concussion Clinic at the hospital before I get back on the field, so, today, that's what I did.

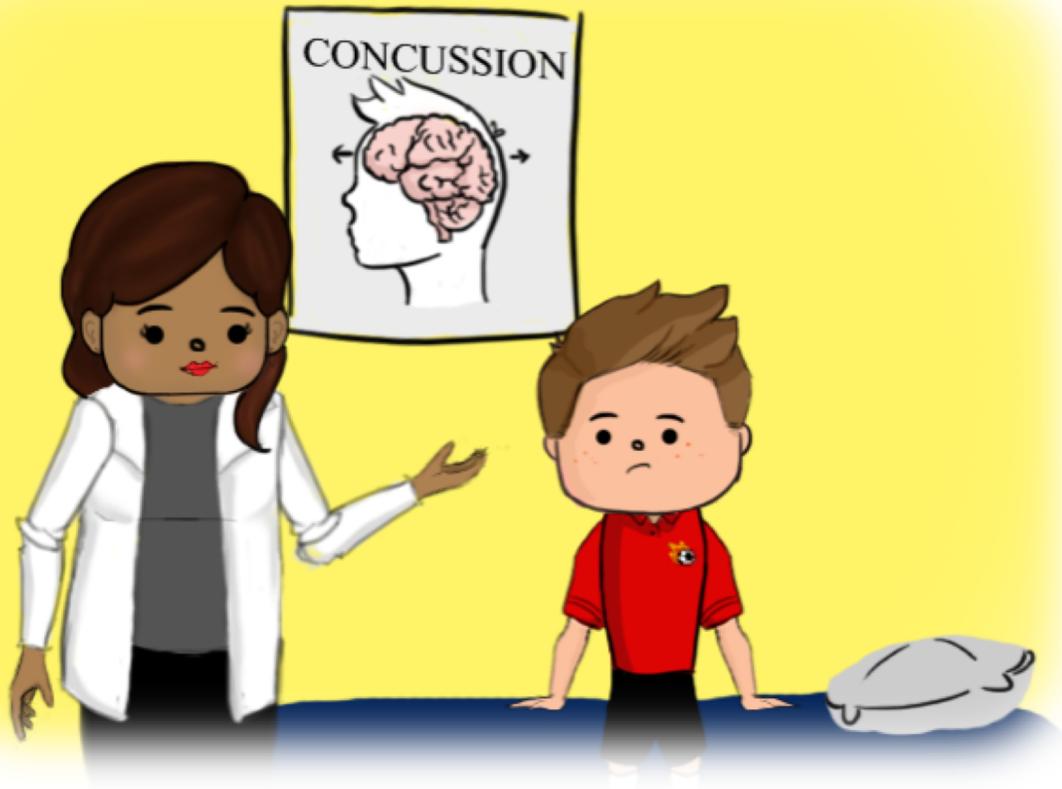


I was seen at the hospital by the Trauma Coordinator who asked me lots of questions. She said I could see a physiotherapist in a week from now.

July 31st

Janice (Physiotherapist): Hello young man, my name is Janice and I'll be your physiotherapist. I hear you had a concussion about two weeks ago. How did that happen?

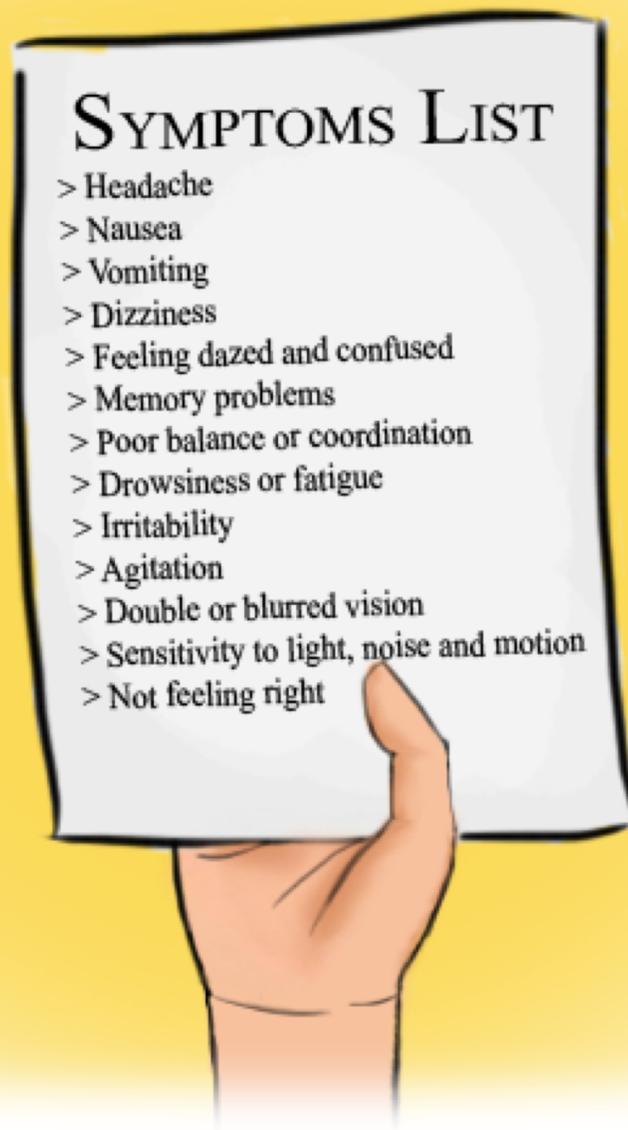
Bradley: Hi Janice! Well... from what I have been told, I was playing soccer and, when the ball was up in the air, I jumped to hit it with my head, but I hit someone else's head instead.



Janice: That's no fun! I'm sorry to hear that, Bradley. How have you been feeling the last couple of days?

Bradley: I've been getting better and better!

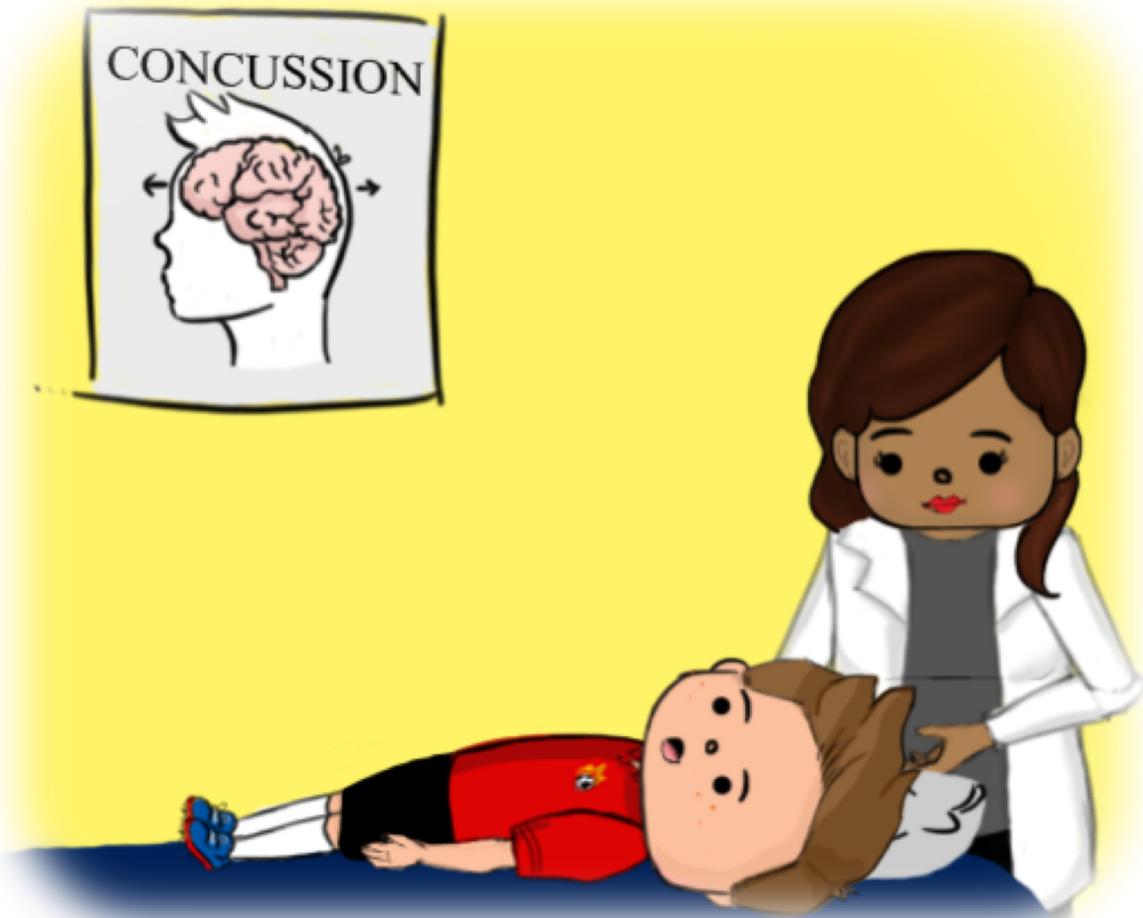
Janice: That's great! How do you feel right now? Do you have any of the following symptoms at the moment?



Bradley: No, I don't have any symptoms right now.

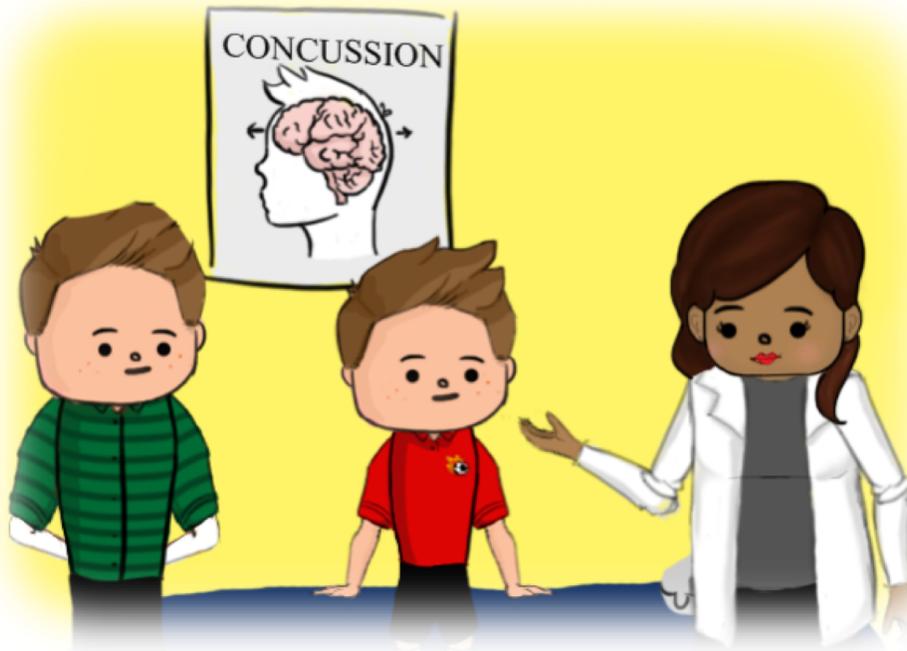
Janice: That's great, Bradley. Now, we're going to start with an evaluation. I will look at how your neck, arms, and legs move, and how strong they are. Then, I will test your coordination, balance, reflexes, and more. Finally, we will see how you've done and discuss what we have to work on before you're ready to get back on the field!

The physiotherapist was very friendly and seemed to know everything. But it sounded like it was going to take a while.



Janice: You are doing very well so far! You have gone through the whole check-up without getting any symptoms. Now, we're going to see how your brain reacts to some fast walking. I'm sure you do lots of that with your soccer team.





Janice: How are you feeling?

Bradley: I'm feeling well!

Janice: Great! We're going to have to take things slowly from here if we want you to get better as quickly as possible. We will begin the Return-to-Sports protocol. It has 6 steps.

Bradley: Did you hear that, Dad? I might be able to play again!

Janice: That's right! But, know that everyone heals at a different pace, so I will need to see you again once you complete step 4 of the protocol. Then we can move on to the last two steps and return to playing soccer.

STEP 1	Light exercises (NO contact (NC))	50% Effort
STEP 2	General exercise and soccer specific skills (NC; Individually)	50-60% Effort
STEP 3	General exercise and soccer specific skills (NC; with a team-mate)	75% Effort
STEP 4	General exercise, soccer specific skills and team drills (NC)	75-90% Effort
STEP 5	Full team practice with body contact (Contact; Scrimmages)	90-100% Effort
STEP 6	Return to competition	100% Effort

August 1st

Dad: Brad, let's go over the protocol you need to follow!

Bradley: Sounds good, Dad.

Dad: Today is step 1. You should go for a light jog for 15-20 minutes.
Are you ready?

Bradley: Yes, I'm ready!

Dad: Great! Don't forget to warm-up first!



After I finished the first step of the protocol, I did one more step every day and they all went very well!

August 14th

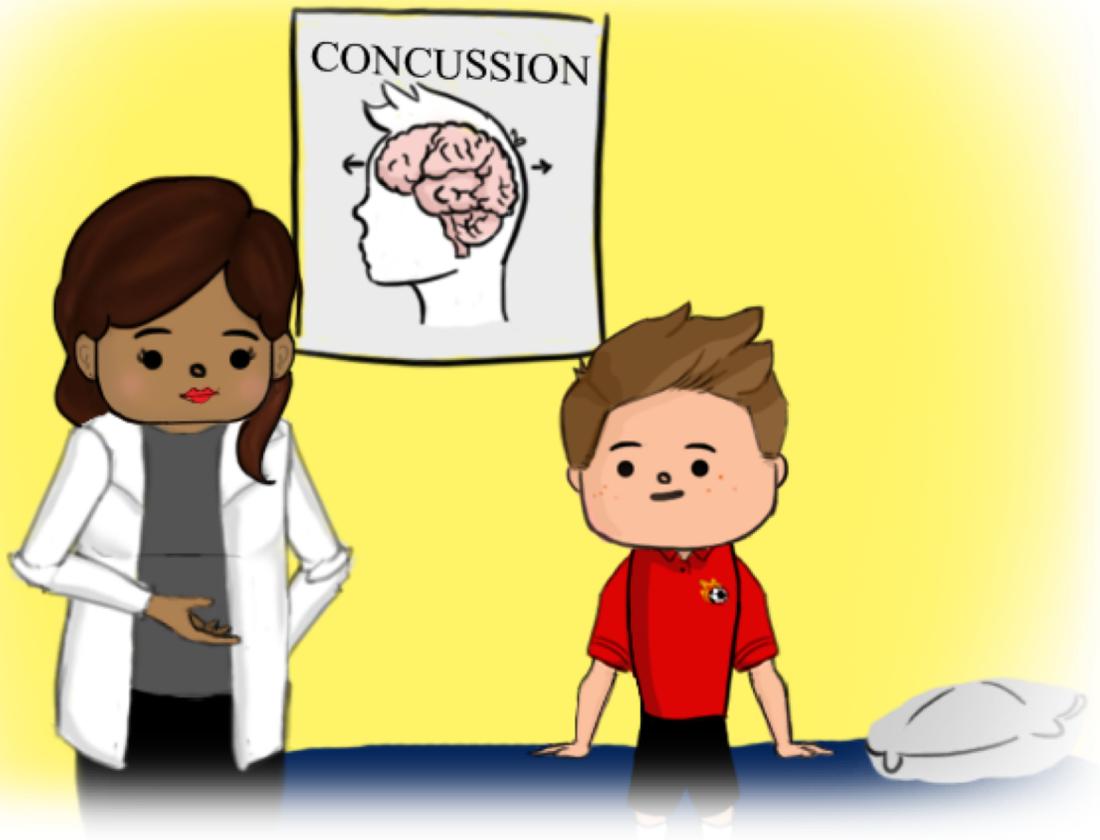
Bradley: Hello, Janice!

Janice: Hi, Brad! How are you feeling today?

Bradley: I'm feeling great! I did the first 4 steps of the protocol since I last saw you without feeling any symptoms.

Janice: That's amazing! It sounds to me like you're finally ready for steps 5 & 6. After that, you'll be all set to return to play!

Bradley: I think so too!



August 18th

Coach Drew: Welcome back, Brad! How are you feeling?

Bradley: I feel much better! I saw a physiotherapist and she said that I'm ready to play soccer again.

Coach Drew: That's great news. It's your time to shine! Have fun and play safe.



The final game began, and the crowd was cheering. It was sunnier than ever, and the air smelled like freshly cut grass. Both teams were trying their very best, but I was very happy to score the winning goal and make my team win this year's championship. Hard work and determination sure paid off!





THE END

GAME TIME

Hello there!

My name is Charlie. I'm Bradley's best friend
and I am also told that I am the goodest boy!

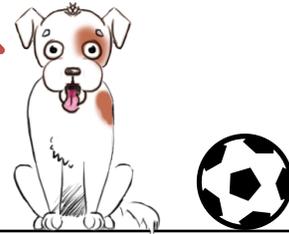
Do you want to play some games with me?

They will be fun, trust me.



ACTIVITY I : Fill In The Blanks

Use what you have understood from the story to answer some of the following activities below!



Use these words in the box below to fill in the blanks:

Hospital Doctor	Hit Symptoms	Head Physiotherapist	Brain
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- A concussion is a _____ to the _____ that upsets the _____.
- If I have a concussion, I need to go to the _____.
- I should see a _____ first. They can help identify what I have based on my _____.
- A doctor can also refer me to a _____ who is a person who can help me return to sports after a concussion.

ACTIVITY II : Find The Symptoms

Try to find the symptoms of concussion in the puzzle below!



T	E	E	C	Y	E	K	T
I	F	H	O	R	P	S	I
M	M	C	N	G	B	Z	R
O	X	A	F	N	A	F	E
V	O	D	U	A	R	Q	D
Z	Z	A	S	N	D	T	Y
W	L	E	E	Z	Y	Y	H
O	F	H	D	I	Z	Z	Y

ANGRY	CONFUSED	DIZZY	HEADACHE	TIRED	VOMIT
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ACTIVITY III : YES or NO

Let's try another one!

Circle  for the activities you are allowed to do right after having a concussion.

Circle  for the activities you are **NOT** allowed to do right after having a concussion.



1. I need to rest
2. I can watch as much TV as I want
3. I am allowed to play video games
4. I am not allowed to use the computer
5. I should not be around things or places that are noisy
6. I can go back to playing soccer the next day



ACTIVITY IV : Match The Role To The Profession



Now for our final game, match each sentence describing the role with the correct pictures of the professional involved.

ROLES:

1. She told Bradley he can slowly start exercising so he can play soccer again. Who is she?
2. She was the first to see Bradley to tell him he has a concussion. Who is she?

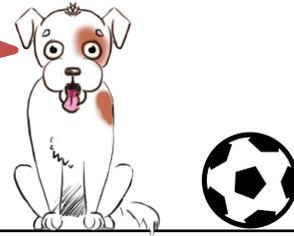
PROFESSIONAL:

- A. The doctor
- B. Physiotherapist



ANSWERS TO ACTIVITY I : Fill In The Blanks

Did you get the correct answers?
Let's see. Compare your answers to the
correct answers shown below.



Use these words in the box below to fill in the blanks:

Hospital Doctor	Hit Symptoms	Head Physiotherapist	Brain
--------------------	-----------------	-------------------------	-------

- A concussion is a HIT to the HEAD that upsets the BRAIN.
- If I have a concussion, you I need to go to the HOSPITAL.
- I should see a DOCTOR first. They can help identify what I have based on my SYMPTOMS.
- A doctor can also refer me to a PHYSIOTHERAPIST who is a person who can help you return to sports after a concussion.

ANSWERS TO ACTIVITY II : Find The Symptoms

Did you find all the words?
Check the answers in the puzzle
to see if you got them all!



ANGRY	CONFUSED	DIZZY	HEADACHE	TIRED	VOMIT
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ANSWERS TO ACTIVITY III : YES or NO

Let's see if you got all of the correct answers!



- 1. I need to rest
- 2. I can watch as much TV as I want
- 3. I am allowed to play video games
- 4. I am not allowed to use the computer
- 5. I should not be around things or places that are noisy
- 6. I can go back to playing soccer the next day



ANSWERS TO ACTIVITY IV : Match The Role To The Profession



Here are the answers to our last game!
Did you get them all right?

ROLES:
1. She told Bradley he can slowly start exercising so he can play soccer again. Who is she?

2. She was the first to see Bradley to tell him he has a concussion. Who is she?

PROFESSIONAL:

A. The doctor

B. Physiotherapist

Content based on the
Montreal Children's Hospital Trauma Centre's Resources:

Main Website:

<https://www.thechildren.com/>

Concussion Clinic:

<https://www.thechildren.com/departments-and-staff/departments/department-of-concussions>

Concussion Kit (3rd edition):

https://www.thechildren.com/sites/default/files/PDFs/Trauma/ConcussionKitInfo/18112a_depliant_concussion_epr2.pdf

Returning to soccer following a concussion:

https://www.thechildren.com/sites/default/files/PDFs/Trauma/ConcussionKitInfo/16023-a_concussion_kit-sport_card_-_soccer.pdf

To refer a patient to the Concussion Clinic,
please contact: 514-412-4400 x23310.

Please note, a referral from a physician is required.