

# TOSH TIMES

## TOSH Soccer Program Newsletter

Official sports training and  
sports medicine provider to



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### CONCUSSION 101: Do You Know the Signs & Symptoms?



By Laurie Evans

TOSH Soccer Program Coordinator

**You've probably seen the headlines about concussions and the impact they have on the lives of those who are affected by them. We've all read news stories about concussions in soccer players and in athletes in general. We are extremely sympathetic towards those who are affected by concussions. Most of all, we wish there was something we could do to prevent them from even happening.**

The game of soccer is loved by countless fans and players throughout the world. The style of the game is played so differently from country to country, yet with the same objective. I don't see the overall risk of concussions changing, but we think it's vital that we continue to increase awareness of the signs and symptoms of concussions among players, coaches, and parents.

Why is awareness so important? If we can recognize the signs of a traumatic head injury, immediately remove the player from activity, have the player thoroughly evaluated, receive adequate rest to start the healing and recovery process, and see them through a full return-to-play protocol back to activity, then we can have the best possible outcomes for those athletes.

#### ***Evaluation***

If you know an athlete has sustained a head injury and needs to be evaluated, please reach out to a qualified health care provider who can properly evaluate and manage the injury. Medical professionals aren't always sitting on the sideline of every practice or game. If you suspect an injury, please have the athlete evaluated properly before allowing them back into activity.

If you have certified athletic trainers at your game or tournament, they are a great resource to go to for help in diagnosing and managing these injuries. Athletic trainers at TOSH receive specific concussion education on an annual basis to stay informed on the latest research and tools to help in this evaluation and recovery process.

#### ***Treatment***

Most head injuries that result in a concussion can be treated with rest and a gradual return to play process. There are the few cases where a head injury can become emergent. Please don't hesitate to seek medical attention quickly, if you feel your son or daughter needs to be evaluated.

If your son or daughter isn't improving, or seems to be struggling in their recovery process, the TOSH Concussion Clinic is a great resource for help. Your athlete will be evaluated by a neuropsychologist and receive a treatment outline to determine if specific rehabilitation is necessary for a complete recovery. If modifications to school work and attendance are necessary, that will also be discussed in detail during your visit. To make an appointment at the TOSH Concussion Clinic call 801-314-2210.

Baseline testing is another valuable tool that is available for your son or daughter. TOSH uses the ImPACT testing program as our concussion evaluation system to collect baseline information. In case your son or daughter sustains an injury, the baseline information gathered preinjury can be compared to their post injury status and used to gauge their recovery progress. This can be done individually or as a team.

The Utah Youth Soccer Association and TOSH have worked together for several years to improve strategies in managing concussions. Currently the UYSA Concussion Protocol Packet is posted on the main UYSA website under the TOSH tab. It can be printed and used to safely guide your son or daughter back to activity.

## Education

Many education resources are available on the internet for parents, coaches, and athletes. Here are a few websites recommended by Dr. Anne Russo PhD a neuropsychologist at the TOSH Concussion Clinic:

- [Center for Disease Control and Prevention](#)
- [National Federation of State High School Associations](#)
- [US Youth Soccer](#)



## HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

-  ..... Get a headache
-  ... Feel dizzy, sluggish or foggy
-  ..... Be bothered by light or noise
-  ... Have double or blurry vision
-  ..... Vomit or feel sick to your stomach
-  ... Have trouble focusing or problems remembering
-  ..... Feel more emotional or "down"
-  ... Feel confused
-  ..... Have problems with sleep

If there are any questions regarding the protocol, return to play information, or if you'd like your athlete to be evaluated following an injury, please call me at TOSH at 801-314-4111. I'd be happy to take a few minutes with you and your athlete to assess their injury and guide them through the process safely.

I hope you find this information helpful. Properly assessing and treating athletes who suffer a concussion is a major priority for us at TOSH, along with UYSA.

Sincerely,

*Laurie Evans* MS, LAT, ATC

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801-314-4111

# Eat to Compete: How Well You Eat Will Affect How Well You Play

By **Claire Siekaniec**

*TOSH Sports Dietitian*

When and what you eat before games can impact your performance. Food is fuel for the body and what you eat before a game can leave you feeling tired and slow — or energized and ready to play. Choosing the right pregame meals and snacks will provide you with long-lasting energy without upsetting your stomach or weighing you down. Ideally, a full meal that's high in carbohydrates, moderate in protein, and low in fat and fiber should be eaten three or four hours before your game.

## *Examples include:*

- A turkey & cheese sandwich with pretzels & hummus
- Two pieces of toast with jelly, a banana, and two eggs
- A three-ounce chicken breast with pasta, green beans, and a roll

An easy-to-digest carbohydrate snack can be eaten an hour or two before a game.

## *Examples of good pregame snacks include:*

- An apple or banana with a small amount of peanut butter
- Granola bar
- Bagel with jelly
- Pretzels
- Graham crackers
- Rice cakes

Meals or snacks that are high in fat such as pizza, cheeseburgers, and fried foods will likely leave you feeling sluggish and could even upset your stomach during your game, so it's best to limit or avoid those types of foods before you play.

Are you playing in a tournament?

Eating in between games is important to replenish your body's energy stores so you can play your best all day long. Plan ahead and pack a cooler with high-performance foods.



## *Examples include:*

- Deli sandwiches
- Peanut butter & jelly sandwiches
- Yogurt & granola
- Crackers & string cheese
- Fruit & veggies
- Pasta salad
- Smoothies
- Trail mix
- Granola bars

Try to avoid vending machines or concession stand foods that are high in sugar and fat.

If you're interested in having a dietitian talk to your team about nutrition, TOSH offers this service free of charge! Just call us at **801-314-4038** or email **TOSHnutrition@imail.org** to schedule a sports nutrition workshop for your team.