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Concussion like symptoms without hitting head

Concussion symptoms but didn't hit head. Why do i feel like i have a concussion but didn't hit my head.

A concussion is a type of mild brain trauma (or mild TBI). It happens when a blow to the head or an injury moves the head forward and back strongly. This causes chemical changes in the brain and sometimes damage to brain cells. Children and adolescents who follow the recommendations of their health care provider usually feel better in a few weeks of commotion. What are the signs and symptoms of a commotion? Someone with a brain concussion could be eliminated (this is called loss of consciousness). But a person should not be put out to have a brain concussion. Signs and symptoms of a brain emotion include: blurred headache or double vision dizziness, balance problems, or trouble walking confusion and saying things that do not make sense to be slow to answer questions slurred speech nausea or vomiting not remembering what happened not to feel good The symptoms of a concussion usually happen immediately, but can show hours or days after a wound. A teen with a brain concussion may: having focus problems have learning or memory problems have a headache that worsens having sleep problems feel sad, easily troubled or angry, or nervous If your child has been diagnosed with a brain emotion, call your health care provider or go to the first aid if your child: has a severe headache or one who gets worse has an epicatic crisis These could be signs of a serious concussion, and your son might need treatment in a hospital. What happens in a commotion? The skull helps protect the brain from injuries. The spinal fluid shocks the brain inside the skull. A blow or a blow to the head can hurt the brain directly or move the brain and bang against the hard bone of the skull. This changes the signals between the nerves, which causes concussion symptoms. How do children and teens get concussion? Most concussions in children and adolescents occur during sports. The risk is higher for children playing football, ice hockey, lacrosse, football and hockey in the field. Concussions can also occur from: car or bicycle accidents a fall fight How are diagnosed concussions? To diagnose a brain concussion, the health care provider will ask how and when the head injury will ask for symptoms of testing memory and concentration do a physical examination and test balance, coordination and reflexes If a head injury happens while someone is playing sports, a coach or athletic trainer can do side-concussion tests. This is when a person does some simple tests after a head injury to help decide if the athlete needs immediate medical attention. An athlete who has a head injury must stop playing and see a doctor before returning to play. Many schools or sports leagues use basic concussion tests. The basic test uses computer programs to test a player's normal brain function. Controls attention, memory and speed of thought. Doctors compare tests after an injury with basic results to see how someone is The comforts do not appear on a scan of cats or magnetic resonance. So the doctor may not order a brain scan for a slight cerebation. You could scan a cat or magnetic resonance to look for other problems if someone: it was thrown out Keep vomiting has a strong headache or a headache that gets worse was injured in serious accidents, as per a Car accident or fall very slight copussions treated? Each person with a hull emotion heals to his own pace. It is important to find a balance between doing too much and too little. At the beginning, your child needs to reduce physical activities and those that require a lot of concentration. So, he or she can start trying these activities again. Symptoms must not be completely went for your child to add business. But if the symptoms interfere with an activity, your child should take a break. He or she can try it again after a few minutes or more, or try a less tiring version of the activity. Help your child follow these steps: Rest (for 1 Å º, ~ "2 days after cerebral emotion) Have your child relax at home. Calm activity How to talk to the family and friends, read, draw, color Or playing a peaceful game are ok. If the symptoms interfere with an activity, your child should take a break. He or she can try it again after a few minutes or more, or try a less tiring version of the activity. If your child should avoid or reduce screen time. Video games, text messages, watching TV and use social media can cause symptoms or make them worse. Don't let your teen drive. Make sure your child avoids all sports And activities (such as roughhousing with friends or riding a bicycle or skateboard) that could lead to another wound to the head. Help your child get a lot of sleep. He or she should: keep sleeping regular And wake-up times. Avoid the screen time or listen to high volume music before bed. Avoid caffeine. Pisolno during the day, if necessary. For the first days after the wound, if your child has a headache and your health care physician says it's ok, your son can take acetaminophene (Tylenol Å º or a store brand) or Ibuprofen (Advil Å º, Motrin Å º or a store brand). Activities of light (usually in a few days a week after the cerebral emotion) that your child can slowly try more activity, such as going for a walk or watching TV. If the symptoms interfere with a business, your child should take a break. He or she can try it again after a few minutes or more, or try a less tiring version of the activity. After a few days, your child should feel good enough from at school. Work with your health care provider and a school team to create a plan to return to school. You may need to start with a brief day or a lighter workload. If your child has not returned to school from 5 days after cerebral emotion, call your health care provider. If your guiding adolescents, ask your health care provider when your teen can start driving again. Make sure your child continues to avoid all sports and all activities that could lead to A Head wound. Make sure your baby keeps sleeping a lot of sleep every night. If your son does not feel tired during the day, he or she does not need nap. If your child still needs medicine for headaches, talk to your doctor. moderate activity (usually about a week after brain concussion) if symptoms are almost gone, the child can return to most activities, including regular programs for school and work. Make sure your child keeps avoiding all sports and all activities that could lead to another head injury. If the symptoms interfere with an activity, your child should take a break. he or she can try it again after a few minutes or more, or try a less tiring version of the activity. regular activity (a month or more after cerebral concussion) if all symptoms of brain concussion are gone, the child can return to all activities, except sports., the health care provider will work with your child's coach and athletic coach (if available) to create a clear and written plan for a gradual return to play. Don't let your baby go back to play sports until your doctor says it's okay when teens can go back to sports after a brain concussion? Students athletes must wait for their health care doctor to say is safe before returning to sports. This means that: they had a physical examination they returned to school they have no symptoms taking no medication for the symptoms of commissioning emotion they returned to their basic results on physical and cognitive tests rushing back to sports and other physical activities puts at risk second impact syndrome. This is when someone gets another head injury before commotization is healed. Although the very rare second choice syndrome can cause lasting brain damage and even death, almost every state has rules on when teens with conveniences can start playing again, looking forward to people are much more likely to get a brain concussion if they had one before, therefore avoiding emotion is very important after a head injury, to prevent another concussion: Make sure all your son's teams are the rules that your child wears a helmet for skiing, snowboarding, bicycle, riding a scooter, skateboard or rollerblading. A brain concussion can still happen while wearing a helmet, but the helmet can protect your son from a skull fracture and severe brain injury. Children receiving another head injury should never ignore symptoms or try to last, need to stop the sport or activity they areAnd they receive medical assistance immediately. A cerebral emotion is a slight traumatic brain injury caused by a blow or from "ding" to the head. Common in falls, sports and car accidents, cerebral emergencies temporarily affect the brain causing confusion and problems with memory, speech, vision or balance. The person can appear at first, but can show symptoms hours or days later. If not treated, repeated emotions can have the results. The best treatment is time to allow the brain to heal. So is it a cerebral emotion? During the impact of an accident, the brain bounces back and forth inside the skull. This can cause bruises, bleeding and lacerations (fig. 1). Immediately after the accident, the person can be confused, not remembering what happened or have nausea, blurred vision, or dizziness. The person can look good at first but show the symptoms hours or days later. We must not lose knowledge to undergo a cerebral emotion. Figure 1. During the impact on the head, the soft brain crashes back and forth against the inside of the hard skull causing bruising, bleeding and tearing of nerve fibers. Commotions are classified according to gravity: grade I: no loss of consciousness; The amnesia is absent or present for less than 30 minutes. Grado II: loss of consciousness for less than five minutes or amnesia for a period between 30 minutes and 24 hours. Grade III: Loss of consciousness for more than five minutes or amnesia for more than 24 hours. Go to the emergency room if you or someone with you you have suffered a head injury and you have lost consciousness, vomitate, you have convulsions or have evident difficulties with mental function or physical coordination. If not diagnosed, a cerebral emotion can put a person at risk of developing second-impact syndrome, a potentially fatal injury that occurs when an athlete undergoes a second cranial injury before the healing of a previous cranial lesion. What are the symptoms? Symptoms of cerebral injury can be mild or may not be noticed until you return to normal activities. Symptoms can last up to 4 weeks, may vary in intensity, but overall they should improve with time. They include: Sleepache Sleeping difficulties to sleep too much or too little sensations of fatigue or exhaustion memory difficulties to remember new information difficulties to focus or think sensations of confusion mood irritability sensations of sadness nervousness sensations or anxiety other physical symptoms blurred vision dizziness Nausea and vomiting sensitã in light or noise Most people recover completely. Call your primary care physician if the symptoms get worse or you don't see any improvement within 2 or 3 weeks. What are the causes? The most common causes include falls, automotive or motorcycle accidents, sports accidents and rapid movements forward and backwards as shocked child syndrome or explosions on the battlefield nearby. How is a diagnosis done? When a cerebral emotion is suspected during a sporting event, the coach, the team or the team doctor must immediately carry out an evaluation of margin. "These tests include watch, the short-term (as an opponent, score), long-term memory (as a name, date of birth), and the ability of the athlete to remain attentive to a complex task (as reciting the months backwards). When a person is taken to the emergency room with a head injury, doctors will do an exam, ask about his symptoms and ask how the injury occurred. A head CT can be done if necessary. Patients withor severe brain lesions are hospitalized for treatment. Patients with mild brain injuries are discharged home after a few hours of observation in the emergency room. A family member or caregiver should closely monitor and observe any changes in the patient's behaviour for the next 24-48 hours. Return to the emergency room if any of the existing symptoms get worse or new ones develop: Excessive sleepiness; inability to stay awake or wake from sleep Headache that gets worse and is not relieved with typical medications Increased nausea and vomiting More confusion, agitation or restlessness Language, walking or vision problems Crisis or convulsions What treatments are available? No person should return to sports or vigorous activity if there are signs or symptoms of a concussion. Treatment for a mild brain injury is usually rest and medication. The best treatment is time to allow the brain to heal. You sleep a lot. Avoid physical exertion and activities that require mental concentration, such as playing video games, watching TV, texting or using a computer. School workload should also be temporarily reduced. For headaches, use acetaminophen (Tylenol). Avoid other painkillers such as ibuprofen (Advil, Motrin) and aspirin, as these medicines may increase the risk of bleeding. Common Questions and Answers: Q: When can I take back my blood thinners, such as aspirin, Plavix or Coumadin? A: You should consult your neurosurgeon, neurologist, or cardiologist to see when it is safe to resume taking these medications. Q: Will my working hours and/or school need to be changed? How long? A: Yes, you will need to rest while you recover from your wound. You can return to work when your symptoms are under control or when a health care provider gives you permission. Recovery time varies. Q: Can I drive? A: You should not drive while taking narcotics painkillers or medications that may cause drowsiness. Please check with your doctor when it is safe to resume driving. Q: When can I resume normal activity? A: Gradually in 1-2 weeks you can increase the level of physical activity, but listen to the body and rest when needed. Q: When is it possible to resume sports? A: It is important not to resume sports until you are symptom-free or have been removed by a health care provider. A second concussion that occurs before the healing of the first can have dangerous long-term effects. Recovery and prevention The symptoms of a head injury can be expected to gradually improve over 1-4 weeks. During this period, symptoms may vary in intensity: Headaches are And they can be relieved with acetaminophene (Tylenol). Patients with migraine can notice a deterioration. Fatigue and sleep problems go hand in hand and tend to worsen each other. Tiredness tends to get worse in the evening and makes the symptoms more evident. Listen to your body and rest when you need. Memory problems such as the organization of activity or remember the names or shopping list, can Concentration and difficulty may experience new information. Mood swings and irritability are common. Small vision or loss of smell can occur. Convulsions are rare, but can occur in the first week after a brain injury. The drug can be taken for 3 to 7 days to prevent crises. Preventing a second injury during recovery is important because having a brain emotion increases the risk of a second cerebral emotion of 5 times, and a second cerebral emotion immediately after the first increases the risk of a dangerous cerebral edema. In the most serious cases of post-concussion syndrome, cognitive-behavioral therapy can be useful. Tips to reduce the risk of injury to the head: wear the helmet when you drive a bicycle, a motorcycle, a skateboard or an ATV. Do not drive under the effect of alcohol or drugs. Link the seat belts and make sure the children are connected in the safety seats. Avoid falls into the house while maintaining objects loose out of the floor and installing safety devices like non-slip mats in the bathtub and handrails on the stairs. Avoid falls by exercising to increase strength, balance and coordination. Store firearms in a locker closed with bullets in a separate place. Wear protective headgear during sport. Sources and links In case of questions, please contact Mayfield Brain & Plugs at number 800-325-7787 or 513-221-1100. Links Biauxa.org Stopsportsinjuries.org ThinkFirst.org Glossary cerebral emotion: a slight brain injury that can cause a brief loss of consciousness, confusion, or memory loss of the event. Contusion: a bruise in the brain. Hematoma: a blood clot in the brain. Subaracnoide hemorrhage: bleeding in space around the brain. Updated> 7.2018 Reviewed by> Michael Kachmann, MD, Mayfield Clinic, Cincinnati, Ohio Ohio

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