



# The Heads-Up on Sport Concussion

*Gary Solomon, Karen Johnston, Mark Lovell*

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Concussions happen at all levels of sport, from the earliest levels through the professional ranks. Potentially catastrophic if not detected early, concussions have ended the careers of many notable professional players—and it's estimated that in high school football alone, about 1 in 5 players suffers a concussion.

*The Heads-Up on Sport Concussion* is a concise introductory book on sport concussion for professionals who work with athletes. It provides a comprehensive review of current literature on sport concussion, and it guides professionals in communicating with athletes, parents, and coaches regarding assessment, treatment, and other issues surrounding sport concussion.

In *The Heads-Up on Sport Concussion*, the authors detail

- what happens when the brain is injured;
- appropriate assessment and evaluation tools;
- sport-specific issues;
- how medical organizations are addressing the issue of sport concussion;
- medical and nonmedical treatment and rehabilitation strategies;
- recent research on a variety of topics in sport concussion; and
- essential information for coaches, athletes, and parents.

This book is focused and authoritative in its treatment of a poorly understood medical problem. Providing clear clinical management strategies for sport concussion injuries, the text compiles the best available information from different resources and synthesizes the information with summaries and conclusions for easy comprehension. The material is enhanced further with photos and illustrations depicting MRI scans and brain images showing chemical reactions in the brain after an injury. In addition, the text identifies particular sports and sport activities that have the greatest incidence of sport-related concussions, and it reports on and critiques those strategies that are currently in place to combat sport concussion across different sport groups.

In *The Heads-Up on Sport Concussion*, professionals in sports medicine, neurology, neurosurgery, and neuropsychology offer strategies for recognizing and treating sport concussion. The text provides appropriate research resources without getting bogged down by lengthy research critiques. Many chapters include a Research Digest section that identifies critical research data used in developing recommendations and conclusions. Additionally, an educational poster is available for download via the Internet for trainers, physicians, coaches, and sports medicine professionals to use to educate athletes and their families about the signs, symptoms, and treatment of concussion. The poster is available at [HumanKinetics.com](http://HumanKinetics.com).

*The Heads-Up on Sport Concussion* provides a current understanding of terminology, assessment, treatment, and criteria for return to play for a range of readers. Researchers, medical professionals, and health care specialists will have a more thorough grasp of the various aspects of sport concussion and thus be able to provide better care and education to athletes who sustain concussions. Its complete treatment of a critical topic makes this a must-read for anyone involved in the care and training of athletes.

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