



Concussion care

At Cook Children's, we know that diagnosing and treating head injuries in children and teens requires special skills. Our dedicated concussion team makes sure your child gets the care they need to recover as quickly as possible.

What is a concussion?

A concussion is a brain injury that causes temporary changes in the way the brain works. Many people think concussions happen when someone is knocked unconscious while playing sports, however, concussions can happen without losing consciousness as well. The risk is highest for kids who play contact sports like football, ice hockey, lacrosse, soccer and field hockey.

What are the symptoms?

- Presenting symptoms can be immediate or days after an injury
- Being slow to answer questions/slurred speech
- Blurred or double vision, trouble focusing
- Confusion and saying things that don't make sense
- Dizziness, balance problems or trouble walking
- Headache
- Nausea or vomiting
- Not feeling well
- Not remembering what happened
- Having trouble sleeping
- Feeling sad, angry or nervous
- Getting upset easily

A child with a head injury should go to the ER if they experience

- Loss of consciousness
- A severe headache or one that gets worse
- Continued confusion
- Vomiting more than twice

Concussion testing

If a head injury happens while someone is playing sports, we provide baseline concussion testing. This is when a trained person does a few simple tests after a head injury to help decide if the athlete needs immediate medical care. An athlete who has a head injury must stop playing and see a doctor before returning to play.

When can athletes with a concussion return to sports?

Student athletes must wait until their health care provider says it's safe to return to sports. This means they must:

- Have had a physical exam
- Be back in school
- Have no symptoms
- Have discontinued medications for concussion symptoms



You can find a Cook Children's Sports Medicine office in Hurst, Mansfield and Walsh Ranch. To schedule an appointment, refer a patient or speak to our staff, please call 682-885-4405.

We also have an additional location in Prosper. To schedule an appointment, refer a patient or speak to our staff there, please call 682-303-4200.



Scan here to learn more about our concussion program.