

UNDERSTANDING SPORT RELATED CONCUSSIONS (SRC)

A GUIDE FOR COACHES, ATHLETES AND PARENTS

WHAT IS SRC?

A sport-related concussion is a mild traumatic brain injury caused by trauma that transmits force to the brain, leading to various symptoms that can last from days to weeks.

RETURN TO PLAY AND RISK FACTORS

Return to play involves a stepwise process starting from limited access activities to full participation, ensuring no symptoms recur at each stage. Factors such as pre-existing mental health conditions, severity of initial symptoms, and age may influence recovery duration.

TREATMENT APPROACHES

Initial treatment focuses on physical and cognitive rest, gradually reintroducing activities. Post-Concussion Syndrome (PCS) treatment is tailored to individual symptoms and may include multidisciplinary approaches.

MENTAL HEALTH MATTERS

- Mental health evaluations are crucial
- Concussions symptoms can amplify depression and anxiety

COMMON SYMPTOMS

- Cognitive: Difficulty concentrating, memory issues
- Mood/Behavioral: Depression or anxiety, sleep and appetite changes
- Physical: Headaches, fatigue, dizziness

CONTACT INFORMATION

If you have any questions please visit sportspsychiatry.org or email info@sportspsychiatry.org



ISSSP

The International Society for Sports Psychiatry