



August 2015

INJURY SPOTLIGHT

Sport Concussion

The U-M Injury Center produces bi-monthly injury topic spotlights that include information about a Center member working on the topic, links to local and national resources, and an "Issues and Solutions" sheet.

For the month of August, the University of Michigan Injury Center is focusing on the prevention of sport concussion.

In 2012, there were an estimated 450,724 emergency department (ED) visits for sports and recreation-related traumatic brain injuries (TBIs), with 67.7% of TBIs occurring among children 5 to 19 years.¹



Additionally, from 2001 to 2012, the sport and

recreational activity with the highest number of TBI-related ED visits for males age 10 to 19 years was football.¹

To gain a better understanding of what is known and what we have yet to learn about sport concussion from experts in the field, please join us for a live webcast of the University of Michigan Injury Center's upcoming Sport Concussion Summit. This event will take place on Thursday, September 24, 8:00 - 4:45pm (ET). The webcast is free of charge and is available to all. To RSVP for this webcast, please go to our Eventbrite registration page, [located here](#).

Please note in-person registration is closed for this event and a waitlist is available if you would like to attend the summit.

To view the agenda and find out more about this event, visit www.injurycenter.umich.edu.

Data source:

1. Coronado, V.G., et al. Trends in Sports- and Recreation-Related Traumatic Brain Injuries Treated in US Emergency Departments: The National Electronic Injury Surveillance System-All Injury Program (NEISS-AIP) 2001-2012. "J Head Trauma Rehabil. 2015; 30(3), 185-197.

August Issues & Solutions Sheet

Our [Issues and Solutions series](#) provides information on priority injury topics, paired with evidenced-based prevention programs that practitioners can implement.

See this month's Issues & Solutions sheet on **Coach Education & Contact Restriction Guidelines in Youth Football** to learn more about evidence-based sport concussion prevention programs.

[Click here](#) to download.

The image shows the cover of an 'Issues & Solutions' sheet from the University of Michigan Injury Center. The title is 'Coach Education & Contact Restriction Guidelines in Youth Football'. It includes a bar chart titled 'Estimated Rates of Emergency Department Visits per 100,000 Population of Sports and Recreation-Related TBI by Sex and Age Group, 2001-2012, United States'. The chart shows data for three age groups: Age 15-19 (yellow), Age 10-14 (green), and Age 5-9 (blue). For each age group, it shows rates for Males and Females in 2001 and 2012. The 15-19 age group shows the highest rates, with males in 2012 at 722.2. A text box on the left discusses Michigan's new sports concussion law. A 'Return to Play' section on the right describes the Heads Up Football (HUF) program and contact restriction guidelines.

| Age Group | Sex | 2001 | 2012 |
|-----------|--------|-------|-------|
| Age 15-19 | Male | 329.3 | 722.2 |
| | Female | 364.9 | 596.7 |
| Age 10-14 | Male | 174.0 | 212.5 |
| | Female | 145.0 | 249.7 |
| Age 5-9 | Male | 145.0 | 207.1 |
| | Female | 145.0 | 172.1 |

Member Highlight

James T. Eckner, MD, MS

Dr. James T. Eckner is an Assistant Professor in Physical Medicine & Rehabilitation at the University of Michigan and Director of Clinical Research at Michigan NeuroSport.

Dr. Eckner's main area of interest is concussion biomechanics, more specifically the neck's influence on post-impact head motion and concussion risk.

[Click here](#) to view his full member highlight on the U-M Injury Center website.



State & National Resources: Sport Concussion

Michigan

- [University of Michigan online concussion education program](#). Michigan NeuroSport offers two free online concussion education programs to better inform coaches and parents on how to recognize and prevent a concussion and return an athlete back to play through the Concussion Action Plan: Recognize, Remove, Report and Recover.
 - [Coach edition](#)
 - [Parent edition](#)
- [Michigan Department of Health and Human Services \(MDHHS\) - Michigan Sports Concussion Law](#). Visit MDHHS's website to learn more about Michigan's sport concussion law and find additional information on concussion training for coaches and educational material.

National

- [Centers for Disease Control & Prevention's HEADS UP program](#). This site provides free tools and materials for youth and high school sports coaches, parents, athletes, and health care professionals aimed to improve brain injury prevention, recognition, and response.
 - Visit the HEADS UP online concussion training course for:
 - [clinicians](#)
 - [youth sports coaches](#)
 - [high school coaches](#)
- [University of Michigan Injury Center Tools & Programs Database](#). This database provides professionals and researchers with convenient access to evidence-based injury prevention programs, databases of evaluated programs and best-practice education materials. Click on

this link to find filtered results specifically on sport concussion.

- [Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012](#). This document recommends a graduated return to play that was developed by experts in the field and is recognized as best practice. It is developed for use by physicians and healthcare professionals who are involved in the care of injured athletes at all levels of play (*e.g.*, recreational, elite, or professional).

Questions or Comments?

Email us at UMInjuryCenter@umich.edu or call 734-232-2105

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