

# HOUSTON METHODIST CONCUSSION CENTER

## Know the Signs and Symptoms

### What is a concussion?

A concussion is a mild brain injury. Concussions are caused by a bump, blow or jolt to the head or body. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can lead to a concussion and should be considered serious.

### What are the signs and symptoms?

You can't see a concussion. Signs and symptoms of concussion can appear immediately after the injury or may evolve over time. If your athlete reports one or more symptoms listed below, or if you notice the signs and symptoms yourself, keep your athlete out of action and seek medical attention immediately.

#### Observable signs

- Appears dazed or stunned
- Confused about assignment or position
- Forgets an instruction
- Unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior and personality changes
- Can't recall events prior to or after a hit or fall
- Loses balance or is unsteady when walking

#### Symptoms reported by athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

### Danger signs

**Be alert for symptoms that worsen over time. The student or athlete should be seen in the emergency department right away if he or she has:**

- One pupil is larger than the other
- Drowsiness or becomes unconscious
- A persistent headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)
- Moderate or severe neck pain

The center's experts serve as team concussion consultants for professional athletes including the Houston Texans, Houston Astros, Houston Dash, Houston Dynamo, Rice University Athletics, RodeoHouston®, Houston Ballet, and Shell Houston Open as well as numerous collegiate, high school and youth teams.

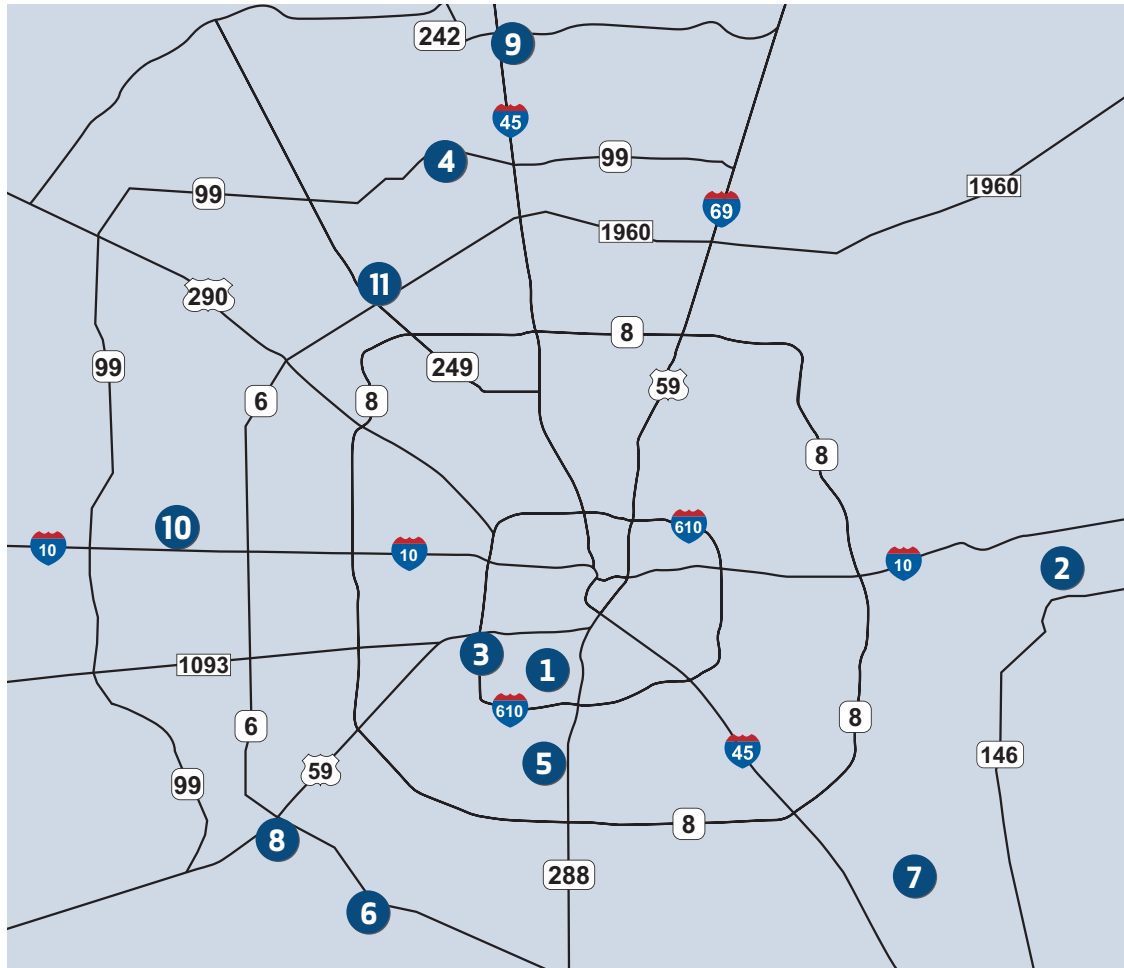
For referrals or appointments, please visit [houstonmethodist.org/concussion](http://houstonmethodist.org/concussion) or call **713.441.8277**.



OFFICIAL HEALTH CARE PROVIDER



# HOUSTON METHODIST CONCUSSION CENTER



## 1. TEXAS MEDICAL CENTER

**Houston Methodist  
Concussion Center  
Scurlock Tower**

6560 Fannin St., Suites 802 & 1840

**Outpatient Center**

6445 Main St., Suite 2500  
Houston, TX 77030  
713.441.8277

## 2. BAYTOWN

4000 Garth Rd., Suite 200  
Baytown, TX 77521  
713.441.8850

## 3. BELLAIRE

5505 West Loop S.  
Houston, TX 77081  
713.441.9000

## 4. FRENCH QUARTER (SPRING)

7105 FM 2920  
Spring, TX 77379  
281.737.0902

## 5. HOUSTON SPORTS PARK

12131 Kirby Dr., Suite 200  
Houston, TX 77045  
713.441.8850

## 6. MISSOURI CITY

8330 Hwy. 6, Suite 110  
Missouri City, TX 77459  
281.690.4678

## 7. ST. JOHN

2020 NASA Pkwy., Suite 230  
Nassau Bay, TX 77058  
713.363.9090

## 8. SUGAR LAND

16811 Southwest Fwy., Suite 200  
Sugar Land, TX 77479  
281.690.4678

## 9. THE WOODLANDS

17183 Interstate 45 S., Suite 210  
The Woodlands, TX 77385  
936.321.8000

## 10. WEST HOUSTON

18400 Katy Fwy.  
Medical Office Building 1, Suite 200  
Houston, TX 77094  
832.522.2663

## 11. WILLOWBROOK

13802 Centerfield Dr., Suite 300  
Houston, TX 77070  
281.737.0902

