DIAGNOSIS AND MANAGEMENT OF SPORTS-RELATED CONCUSSION IN YOUTH: THE ROLE OF THE CHILD NEUROLOGIST

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DIAGNOSTIC ISSUES

• Diagnosis is often post hoc
• Not all child neurologists are on the same playing field
• Pediatricians with limited facility in neurology
• Whose guidelines to use?
• Parents can over-interpret head bumps as concussion
• Are hits more important than concussion (Neurology 2012;78:1777-84)
MANAGEMENT ISSUES

• Return to play guidelines clear?
• No symptoms at rest or with exertion, and off medication not always achievable in neurology clinic
• Strength of evidence that ongoing symptoms and signs are risk factors for more severe concussion
• Follow-up and clearance from neurologist or pediatrician?
• Validity of exercises, physical therapy, vestibular therapy sketchy
THE VIEW FROM STANFORD

• Role of computerized psychometrics unclear
• Physiology of concussion and other head trauma emerging
• Gender differences yet to be explored