



stopconcussions.com

"STOP CONCUSSIONS
BEFORE THEY STOP YOU!"



KEITH PRIMEAU



Source
for sports.

WE KNOW OUR STUFF.



What is **stopconcussions.com?**

Stopconcussions.com has been designed to educate parents, players, coaches and officials on the cause, effects and consequences of concussions and neurotrauma injuries. Our platform has been developed to help everyone understand the principles in reducing the incidences of head injuries in sport and supply them with the necessary tools to make change.

“Since 1996, more than 40 professional hockey players and thousands of grass root players have had their careers ended by concussions: Eric and Brett Lindros, Pat LaFontaine, Mike Richter, Scott Stevens, Jeff Beukeboom, Nick Kypreos, Mark Savard and, of course, myself to name a few,” states Keith Primeau, co-founder of **stopconcussions.com** and former captain of the Philadelphia Flyers. “We want to make sure it does not happen to you or your loved ones!”

Concussion Central



What is a concussion?

Simply put, a concussion is a type of brain injury that changes normal working functions. It can be caused by a direct blow to the head or body that causes the brain and head to move quickly back and forth, or side to side. A concussion can't be seen on an X-ray or CT scan and it is referred to as the "Invisible Injury". The brain is a complex organ, controlling all body functions therefore a concussion can affect how you feel now, and in the future.

What to do when a concussion is suspected

- Stop all physical activities.
- Seek proper medical advice.
- Communicate how you or the child feels.

The best treatment is REST

- NO training, NO playing, NO exertion.
- NO TV, NO computers, NO cell phones.
- Never return to play until a qualified physician who has concussion knowledge clears you or the child to return to any activities and most importantly to resume practice or play.

The Facts

- All concussions are **SERIOUS!**
- Most occur **WITHOUT** loss of consciousness.
- Concussion symptoms **DON'T** always show up right away.
- Concussions **CAN** occur **WITHOUT** direct head impact.
- **MOST** concussions occur during regular contact.
- Recognition and proper management of a concussion can help in the recovery and prevention of further injury, or even death.
- Helmets, equipment and mouth guards **DO NOT** prevent concussions.

Cognitive Problems

- Unaware of the time, date, place, year
- General confusion
- Inability to remember, before or after injury
- Loss of consciousness
- Poor concentration
- Strange or inappropriate emotions

Physical Complaints

- Headache or pressure in the head
- Balance problems, dizziness
- Feel dazed (e.g. "like in a fog")
- Feel rattled or stunned (e.g. "bell rung")
- See stars, double or blurry vision, glassy-eyed
- Loss of vision, ringing in the ears
- Sensitive to light / sound
- Stomach ache, pain and / or nausea
- Difficulty sleeping



The **4** Step Prevention Program

1. Education

- Bring awareness to the cause, effects and consequences of concussions.
- Baseline neurocognitive testing through the CMRG Ltd. Concussion Management Program.
- Proper helmet fitting information through the Source For Sports® HEAD ZONE.

2. Prevention / Cure

- Promote "Safe Play" values to help reduce the incidences of concussions by instilling respect and skill enhancements in sport.
- Return to Play guidelines to help reduce instances of Second Impact Syndrome.

3. Management of the Injury

- Establishing a network of specifically trained healthcare providers to assess + treat concussed patients.

4. Medical Research

- Ongoing research at Lakehead University, Play It Cool Hockey program, Sports Legacy Institute and Boston University.



The Tool Box:

Stopconcussions.com has created a tool box designed to deal with the prevention, detection and management of concussions by forming alliances with the top physicians, researchers, players, manufacturers and applications in North America.

The Tool Box includes:

- The 4 Step Prevention Program
- Lakehead University Research
- Sports Legacy Institute
- CMRG Ltd. Concussion Management Program
- Play It Cool Hockey Program
- BrainFit Lab, University of Toronto
- King Devick Test
- Free iPhone Application

The Tool Box will continually grow over time as we add tools that will help in the fight against brain injuries.



THE HEAD ZONE

PROPER FIT. IT'S A NO-BRAINER.

The HEAD ZONE at Source For Sports® is where you'll get the best advice and fit for your helmet needs. It is important to make sure the helmet feels comfortable and fits properly.

The right helmet for you is the one that fits you best. And remember the helmet does not prevent concussions, you do!

At Source For Sports®, We Know Our Stuff®.

Helmet fitting tips

1. The best helmet for you is the one that fits the best
2. The helmet should fit snugly all around your head
3. You should have 1 finger width between your eyebrows and the helmet
4. The chin strap should be always be done up
5. The chin cup should fit snugly and directly on your chin
6. The helmet J Clips should be properly aligned with the facemask to hold it in place and absorb any impact the facemask may take
7. Always follow manufacturers' instructions
 - a. Must be CSA approved
 - b. Do not use hand-me-down helmets
 - c. Never paint the helmet

We've teamed up with stopconcussions.com and helmet manufacturers to help keep you safe on the ice.



BAUER Reebok



Download the iPhone App

- FREE emergency functions; including nearest hospital information with driving directions.
- FREE detailed information; concussions, signs and symptoms.
- Downloadable baseline test



Parts of the information in this brochure are provided by:

Playitcoolhockey.com
CDC.com/concussion
Sportslegacy.org

biac-acic.ca
Momsteam.com



All content found herein is provided for information and educational purposes. This information should only be used to support - not replace- the advice of a doctor or other health professional. Additionally, the information is not intended to provide medical, legal or financial advice. If you think you are concussed or know someone who may be concussed you should consult appropriate medical advice from a physician or other qualified healthcare professional prior to acting upon any information available at or through Source For Sports® retail locations or websites or stopconcussions.com website(s).