

## Recurrent Concussion, How Many is Too Many? Sport- Football

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**HISTORY:** 16 year old football who now has a history of 4 lifetime concussions, including 3 in the last year. He never had loss of consciousness. First concussion was at age 11 with resolution of symptoms after 2 weeks. His next concussion and the first in the current series occurred in October of his sophomore year of high school at age 15. He was cleared for return to play after 4 weeks. He then suffered a concussion in November 20, 2013 during wrestling competition when he landed directly on his head. He had symptoms for approximately 6 months. He was finally cleared to return to full contact sport participation in June 2014. In August 2014 he experienced a 45 minute period of time during preseason football practice during which he had confusion and memory lapse with no clear contact. It was determined that this episode was likely not a concussion. He was cleared to return to play 2 weeks later at which time he was hit during a football game. Emergency Department evaluation was required, where he was observed for several hours before being discharged home with his parents. He is now 3 weeks from his last concussion. He feels his symptoms have resolved. He is interested in returning to football this season with full parental support.

**PHYSICAL EXAMINATION:** Alert and oriented x 3. He appears well and is in no acute distress. Vital signs are within normal limits. Normal Neurologic examination.

### DIFFERENTIAL DIAGNOSIS:

1) Concussion, recurrent. 2) Cervicogenic Headache 3) Migraine 4) ADHD.

### TEST AND RESULTS:

A CT scan was performed in November 2013 after the second concussion in the current series and was normal

MRI was performed 8/18/2014 after his episode of memory loss during practice and was normal.

Current ImpACT testing not yet at baseline

**FINAL/WORKING DIAGNOSIS:** Recurrent concussions

### TREATMENT AND OUTCOMES:

1) Cleared for Non-Contact activity. 2) After obtaining opinions amongst the 6 concussion experts in our group the decision was made to restrict contact/collision sport for the remainder of this academic year. The parents of this athlete were not in agreement with this decision. No clear guidelines exist to aid in this decision making. 3) Reevaluation prior to next football season if he wishes to play.