



Upper Valley  
Medical Center  
Premier Health Partners

# UVMC Center for Sports Medicine

*Your Home Town Sports Medicine Team*

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

September 2010

## BE HEAD SMART— A CONCUSSION OVERVIEW

By: Mark Houle, M.Ed., AT

A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of violent shaking of the head. In the United States, the annual incidence of sports-related concussions is estimated at 300,000. Estimates regarding the likelihood of an athlete in a contact sport experiencing a concussion may be as high as 19% per season ([www.impacttest.com](http://www.impacttest.com)). This data is drawn from all sports and not unique to football. The recognition, symptoms, management, recovery periods and long-term effects of these injuries (also referred to in medical circles as traumatic brain injuries) are now becoming better understood within the medical community. Athletes, coaches at all levels, parents and healthcare providers all play a critical role in recognizing and managing these individuals to assure a safe recovery and return to participation.

Concussion symptoms are multiple, diverse and may not be reported immediately by the athlete but rather recognized hours or in some cases days after the precipitating event either by the athlete, coaches, family, teachers or friends. Symptoms may include headache, nausea, irritability, sensitivity to light (photophobia), vision disturbance, balance difficulties, inability to concentrate or process information and difficulty with memory. Often, diagnostic testing such as MRIs or CT scans are normal. The Center for Disease Control (CDC) has posted via their website (<http://www.cdc.gov/concussion/sports/index.html>) a very good overview of concussions. The information is in lay terms and a valuable resource for athletes and families alike; a family review may assist in opening a dialogue if there is suspicion an incident causing a possible concussion has occurred.

Recovery from a concussion is very individualized. Therefore comparisons and recovery timelines cannot and should not be generalized. Management of a concussion often involves a team approach. Members other than the treating physician often include athletic trainers, coaches and guidance counselors if school performance is affected. Neurocognitive assessment tools such as the ImpACT test may be used to quantify how an athlete is processing information. Many Miami Valley schools perform pre-season baseline tests on their athletes to have a comparison should a post injury test be necessary. Sports medicine providers may use both clinical evaluation findings and neurocognitive assessment tools to determine the individual's return to participation status. Athletes who are cleared to return to participation are often returned in a graded manner, following a stepped progression of increasing activity intensity over a seven day period. Any return of symptoms during these stepped progressions generally results in a modification of the return to participation timeline.

There has been a great deal in the media in the last twelve months which has raised the profile and discussions concerning concussions. Six states (Washington, Oregon, Virginia, Oklahoma, New Mexico, and Connecticut) have recently enacted state laws focused on education, prevention, and management of these injuries. The NFL has, after extended study and review, also instituted new guidelines concerning concussion evaluation and management. The OHSAA has added new language in its 2010-2011 Handbook related to removal from play and return to play criteria for concussions (<http://ohsaa.org/news/misc/Concussions.pdf>).

Please contact the UVMC Center for Sports Medicine for more information, to schedule a baseline ImpACT Concussion Management test or for follow-up care after a concussion has been sustained.

**WALK-IN CLINIC FOR ATHLETIC INJURIES**  
**Saturdays, Aug. 21-Oct. 30 from 9-11a.m**  
**(Excluding September 25)**

The UVMC Center for Sports Medicine offers a Walk-In Clinic for acute athletic injuries on Saturday mornings starting August 21.

The clinic will be staffed by sports medicine professionals on hand for consultation, imaging, evaluation and immediate treatment, including our fellowship trained sports medicine physicians:

**Dr. Jeffrey Rayborn, MD and**  
**Dr. Mark Zunkiewicz, MD.**

The Walk-In Clinic will be located at the Hyatt Center in Tipp City, location signs will be posted. No appointment necessary. Last walk-in is accepted at 10:30 a.m.

Please call (937) 667-2614 for further information.

**WELCOME**

Mark Zunkiewicz, MD

Orthopaedic Surgeon  
Mark Zunkiewicz, MD, brings an exciting background in the field of sports medicine to the UVMC sports medicine team. Dr. Zunkiewicz recently completed a fellowship in orthopaedic sports medicine and arthroscopy and has worked extensively with many types of competitive athletes and active individuals of all ages.



Mark Zunkiewicz, MD

Dr. Zunkiewicz is trained to perform most operations arthroscopically, including shoulder, elbow, wrist and knee surgery. He is also trained to perform hip arthroscopy for the treatment of labral tears and femoro-acetabular impingement (FAI). He performs arthroscopic rotator cuff repair, arthroscopic labral repair (shoulder instability procedures), total shoulder replacement, reverse total shoulder replacement, ACL, PCL, MCL, LCL reconstruction, meniscal repair, and a variety of other sports and non-sports related procedures focusing on the shoulder, elbow, hip and knee.

New patients are welcome. Call Upper Valley Orthopaedics at (937) 335-3561.



**Center for Sports Medicine**  
**TEAM OF THE MONTH**

The UVMC Center for Sports Medicine would like to recognize outstanding girls' and boys' varsity athletic teams from our affiliated schools by asking our area coaches, athletic directors, athletic trainers and school administrators to nominate a deserving team to receive this award.

One team from a UVMC affiliated school will be chosen each month. Winner will be selected through UVMC Center for Sports Medicine's selection committee based on our nomination criteria.

For more information contact the UVMC Center for Sports Medicine at:  
(937) 440-7152 or (937) 667-2614