PROTECT YOUR BRAIN

CONCUSSION SIGNS OBSERVED BY COACHES AND PARENTS

• Appears dazed or stunned
• Is confused about assignment or position
• Forgets an instruction
• Is unsure of game, score or opponent
• Moves clumsily
• Answers questions slowly

• Loses consciousness (even briefly)
• Shows mood, behavior or personality changes
• Can’t recall events before or after the hit or fall
• Has seizures or convulsions

CONCUSSION SYMPTOMS REPORTED BY ATHLETES

• Headache or “pressure” in head
• Nausea or vomiting
• Balance problems or dizziness
• Double or blurry vision
• Sensitivity to light and/or noise

• Feeling sluggish, hazy, foggy or groggy
• Concentration or memory problems
• Confusion
• Does not “feel right” or is “feeling down”
• Trouble using arms or legs

SUSPECTED CONCUSSION ACTION STEPS

• Immediately remove athlete from play
• Talk to your school’s certified athletic trainer, team doctor or school nurse if a concussion is suspected
• Keep athlete out of physical activity until they are seen by a medical professional
• Get written permission to return to activity from a medical professional trained in concussion management

If you suspect that an athlete has a concussion, contact the Wake Forest Baptist Health Concussion Clinic where we have medical professionals trained in concussion management: 336-716-WAKE

SPORTS MEDICINE

Download our guide at WakeHealth.edu/SportsMedicine
To make an appointment, call 336-716-WAKE
GO WHERE THE ATHLETES GO

At Wake Forest Baptist Health, our goal is to get you back in the game and keep you active. We treat every type of bone, muscle and joint injury and pain with specialists who are experts in your sport and your condition. No matter the performance level or age, each athlete receives the same advanced techniques and high standards of care that we provide every day to youth, college and professional athletes throughout central and western North Carolina.

CERTIFIED ATHLETIC TRAINER PROGRAM

Athletes in the Winston-Salem/Forsyth County School (WS/FCS) system, Wilkes County School system, Lexington Senior High School and some Guilford County High Schools receive treatment and injury prevention guidance through the Wake Forest Baptist Health Certified Athletic Trainer Program.

Each high school has a dedicated Wake Forest Baptist athletic trainer that keeps student athletes safe and healthy. Athletic trainers work daily with the coaching staffs and Wake Forest Baptist sports medicine specialists to provide expert level care to student athletes.

ASHEBORO
Sports Medicine and Joint Replacement of Asheboro
223 W. Ward Street, Suite B
336-333-6443

BERMUDA RUN
Orthopaedics–Davie
329 NC Highway 801 N.
336-726-8200

GREENSBORO
Sports Medicine–Proehlific Park
(inside Proehlific Park, 2nd floor)
4517 Jessup Grove Road
336-702-5635

Sports Medicine & Joint Replacement of Greensboro
200 W. Wendover Avenue
336-333-6443

HIGH POINT
Orthopaedics–Premier
4515 Premier Drive, Suite 300
336-802-2250

Orthopaedics & Sports Medicine–High Point
611 Lindsay Street, Suites 100 & 200
336-905-6100

LEXINGTON
 Lexington Medical Center
250 Hospital Drive
336-249-2978

ORTHOPAEDICS
Orthopaedics–West Park
1917 West Park Drive
336-903-7845

LEXINGTON
 Orthopaedic Associates–Lexington
605 Grove Street
704-633-6442

WINSTON-SALEM
Sports Medicine–Stratford
1901 Mooney Street
336-716-8091

Medical Plaza–Miller
131 Miller Street
336-716-8091

Sports Medicine–Piedmont Plaza
Piedmont Plaza 1
1920 W. First Street
336-716-4479

For more details and a list of our providers, visit WakeHealth.edu/SportsMedicine.

INJURED DURING THE WEEKEND?
WALK-IN OR CALL AHEAD.

Our Sports Medicine specialists are available on Saturdays:
Sports Medicine–Stratford
8 am–Noon
Sports Medicine–Proehlific Park
8 am–1 pm

SAME-DAY/ NEXT-DAY APPOINTMENTS OFTEN AVAILABLE:
336-716-WAKE (9253)
WakeHealth.edu/SportsMedicine

SPORTS MEDICINE

Download our guide at WakeHealth.edu/SportsMedicine
To make an appointment, call 336-716-WAKE