



CONCUSSION RECOVERY



The International Taekwon-Do Federation's recommended guidelines for competitors who have been diagnosed with a concussion and the advice to take for a safe graduated return to exercise, contact and full recovery.

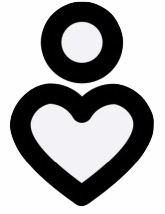
WHAT IS CONCUSSION?

"Concussion is a traumatic brain injury typically resulting from a blow to the head or body which results in forces being transmitted to the brain. The symptoms can present immediately and be short-lived or the onset of symptoms may be delayed and start to occur sometime after the initial injury."

WHAT TO DO IN THE DAYS FOLLOWING A CONCUSSION

Try these tips to help you quickly recover from a concussion and get back to your usual activities.

1. Reduce screen time (mobile phones, screens, TV's etc...)
2. Limit exposure to bright lights and loud sounds.
3. Avoid unnecessary movement of your head and neck.
4. Stay hydrated.
5. Rest.
6. Eat more protein.
7. Eat foods rich in omega-3s.
8. Eat foods with lots of antioxidants.
9. Be patient, avoid any exercise.
10. Follow all your doctor's orders.



DO NOT

- Be left alone in the first 24 hours
- Consume alcohol in the 24 hours and/or until symptom free
- Drive a motor vehicle in the first hours and/or until symptom free

ARE THERE ANY SYMPTOMS I SHOULD WATCH OUT FOR?

Seek emergency treatment if you notice any of the following after a concussion (consider calling an ambulance):

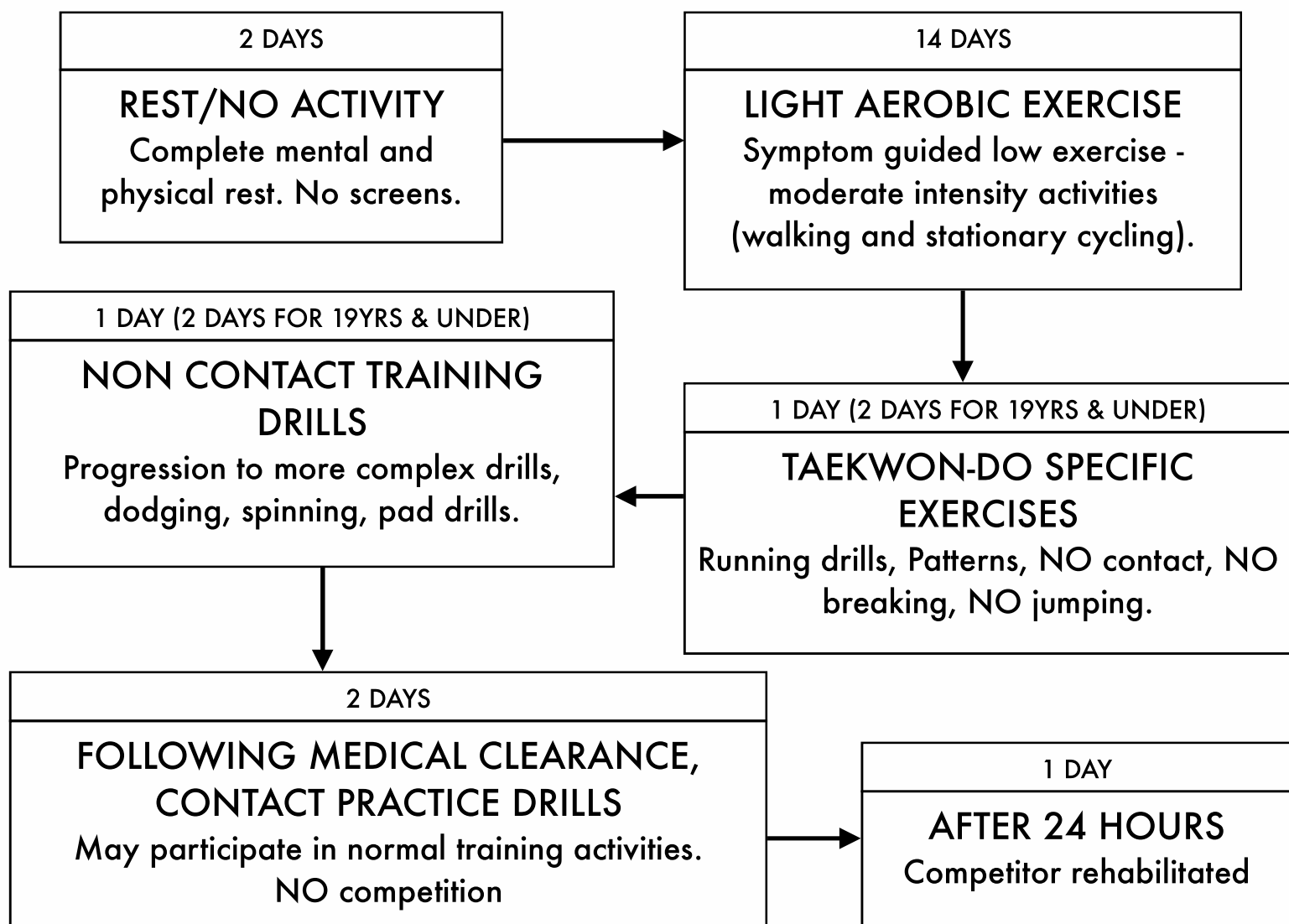
- Sudden, intense headaches.
- Difficulty talking or finding the right words.
- Tingling or numbness.
- Difficulty swallowing.
- Lethargy.
- Unusual sense of taste.
- Loss of consciousness.
- Seizures.
- weakness in the arm or leg
- Increased heart rate.
- Double vision.
- Loss of balance.
- Paralysis in any part of the body, including only one side of the face.



RECOVER AND RETURN

- Competitors suspected of having concussion or diagnosed with concussion should go through a Graduated Return to Contact programme (GRTC).
- Children and adolescents typically take longer to recover because their brains are still developing, and a more conservative approach should be taken.
- The brain is more vulnerable to further injury if it hasn't had time to fully recover.
- It is important that competitors are open and honest about how they are feeling, any on-going symptoms and their recovery.
- Competitors should not be forced/pressured to return to training/contact until they have no on-going symptoms, have fully recovered and have completed the GRTC.

GRADUATED RETURN TO CONTACT PROGRAMME



**Earliest return to contact
for Adult = 21 Days**

**Earliest return to contact for
19yrs & under = 23 Days**