



Michael J. Miller, M.D.  
St. Elizabeth Sports Medicine

RE: Concussion Program Summer 2010

Covington Catholic Parents,

While concussions have always been a part of athletics, what is changing is our understanding of the potential impact that these brain injuries can have, both acutely and long-term. Young concussed athletes who return too early, are not only at risk of prolonging their symptoms and therefore their ultimate return to sport, but more importantly they may demonstrate significant cognitive changes which may impair their academic performance. Although rare, athletes who sustain a second impact while still symptomatic from a previous concussion can develop rapid, life threatening brain swelling. Over time, athletes who sustain multiple concussions may be at increased risk of developing premature and permanent brain damage.

The Kentucky High School Athletic Association (KHSAA) will implement their new concussion guidelines beginning with the 2010 fall high school sports season. These guidelines are designed to help protect our young athletes from catastrophic head injuries and it is imperative that health care professionals, athletic directors, coaches, parents and athletes all work together to facilitate these changes. This summer, the St. Elizabeth Healthcare Sports Medicine Center will be enhancing their sports concussion programs with the addition of computer based neuropsychological testing and objective balance assessments. These state of the art tools will permit more accurate evaluation of concussions and improve treatment and return to play decisions.

ImPact baseline neuropsychological testing will be available to all athletes. In the event that an athlete should sustain a concussion, the baseline test can be compared to post injury neuropsychological test results. The cost of baseline testing will be \$25 per athlete. Tests are currently being offered at our St. Elizabeth Sports Medicine Edgewood location and depending on the interest, may be offered at your high school in the future. Please contact your schools' Athletic Trainer, [Bill Twehues at William.twehues@stelizabeth.com](mailto:William.twehues@stelizabeth.com), if you have an interest in having your child baseline tested.

Please call the St. Elizabeth Healthcare Sports Medicine Center with any questions or concerns at 859.301.5600.