



SIGNS of a CONCUSSION?

Call 616.738.3884 for an appointment.

For more information on concussions or to schedule an appointment, call Bone & Joint Center today. You can also schedule an appointment online. Our office hours are Monday through Friday, 8:00 a.m. to 4:30 p.m. If you are unable to keep your appointment, please call our office and we'll be happy to reschedule.



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Concussion Awareness and Management

Concussion Stats

- Concussion rates for high school athletes more than doubled between 2005 and 2012.
- Sports are the second most common cause of brain injury, only behind vehicle crashes.
- Less than 10% of sports-related concussions involve the loss of consciousness.
- Concussion symptoms can delay up to 48 hours.
- 140,000 high school athletes suffer from a concussion each year nationwide.
- 75% of male concussions are due to football.
- 50% of female concussions occur in soccer.
- 33% of high school athletes will report two or more concussions in the same year.
- Initial concussions are problematic, but a second and third injury can cause permanent long-term brain damage or death.





As an athlete, parent or coach, you've probably read or seen more about concussions lately than ever before — and for good reason. It is estimated that 1 in 5 high school athletes will experience a concussion in any given season, and those who receive a concussion can be twice as likely to endure a second one. This can result from an improper diagnosis or not waiting long enough to heal after the initial injury.

Because outward signs and symptoms of a concussion vary depending on severity, seeking the best care immediately is highly important. Dr. Courtney Erickson Adams of Bone & Joint Center is a specialist in the management of concussions and can help you with concussion awareness, assessment and treatment for safer and more enjoyable activities.

Dr. Courtney Erickson-Adams is an expert in recognizing, evaluating and treating concussions. As a Credentialed ImPACT™ Consultant™ (CIC) she is equipped with state-of-the-art neurocognitive assessment tools and cutting-edge treatment options, leading to more accurate decisions regarding the safe return of individuals to normal activity.

ImPACT™: Immediate Post-Concussion Assessment and Cognitive Testing

ImPACT™ is the most widely used and scientifically validated computerized concussion evaluation system. The ImPACT™ test takes about 25 minutes to complete and includes several features that improve concussion assessment.

- **ImPACT™ measures an athlete's:**

- Attention span
- Working verbal and visual memory
- Impulse control

- Processing speed
- Non-verbal problem solving
- Reaction time (measured to 1/100th of a second)

- **ImPACT™ provides trustworthy baseline test information**
- **ImPACT™ assists physicians in making challenging return-to-play decisions**

As one of seven ImPACT™ CICs in Michigan, Dr. Erickson-Adams is the regional authority on concussion management. Dr. Erickson-Adams offers concussion education and response training for coaches and athletic trainers.

For Coaches, Athletic Trainers and Healthcare Professionals

We work closely with coaches, trainers and other professionals in documenting a baseline of concussion awareness and help establish an emergency protocol for staff to follow. Ask for details.



About Dr. Courtney Erickson-Adams



Dr. Erickson-Adams specializes in non-surgical treatments for sports-related and active lifestyle injuries. She joined Bone & Joint Center from East Lansing, Michigan where she completed her fellowship in Primary Care Sports Medicine at Michigan State University.

At MSU, she worked as a team physician for several sports teams, including the women's basketball where she was involved in the Big Ten and NCAA tournaments.