The 3 Rs

Concussion: what to do after a knock to the head

theconcussionhub.com

"If in doubt, sit them out."

R Recognise

One sign is enough to suspect a concussion.

Confusion, headache, dizziness, loss of balance.

R Report

Say it straight away and stop playing.

No return to play the same day.

R Recover

See a doctor, then go back step by step.

School or work first, sport second.

Just one of these signs? Call emergency services.

- Neck pain or tenderness
- Seizure or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increasing confusion, or becoming drowsy or less responsive
- Repeated vomiting
- Severe headache, or a headache that keeps getting worse
- Weakness, numbness or tingling in more than one arm or leg
- Increasingly restless, agitated or aggressive
- Visible deformity of the skull

All the steps at theconcussionhub.com

Based on the CRT6 and the Amsterdam 2022 consensus.
For information only. It does not replace medical advice.

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Version 2, November 2026