



A concussion is a brain injury which results in a temporary disruption of normal brain function. A concussion is caused by a bump, blow or jolt to the head or body. Even what seems to be a mild bump to the head can be serious. A student-athlete does not have to lose consciousness (“knocked-out”) to suffer a concussion. A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

Physical		Cognitive	Emotional	Sleep
Headache	Visual Problems	Feeling Foggy	Irritability	Drowsiness
Nausea/ vomiting	Fatigue	Feeling slowed down	Sadness	Sleeping less than normal
Dizziness	Sensitive to light and sound	Difficulty remembering stuff	Extra sensitive emotions	Sleeping more than normal
Balance problems	Numbness or tingling sensations	Trouble concentrating	Nervousness	Difficulty falling asleep

When should I take my child to the doctor?

All student-athletes who sustain a concussion need to be evaluated by a licensed health care professional who is familiar with sports concussion diagnosis and management. St. Luke’s Sports Medicine offers the services of a licensed physician who is trained in the evaluation and management of sport related concussions. Please see contact information below for a St. Luke’s concussion trained physician.

Kevin Waninger, MD, MS

Appointments / Office Hours

Appointments can be made by calling 484-526-3884. Physicians can be reached after-hours thru the hospital answering service.

Monday - 1:30 to 4:30 pm

Tuesday - 5:30 to 8 pm

Wednesday - 10 am to 1 pm

Thursday - 1:30 to 4:30 pm

Friday - 8:30 am to 4:30 pm

