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## ways you can be proactive about concussions this hockey season



### #1 Acknowledge the risk, but don't let it hold you back.

Concussions should certainly be taken seriously as an injury, but it's important that parents don't become paralyzed by fear. There are some great resources out there—the very best thing you can do is to get informed and be proactive about it.



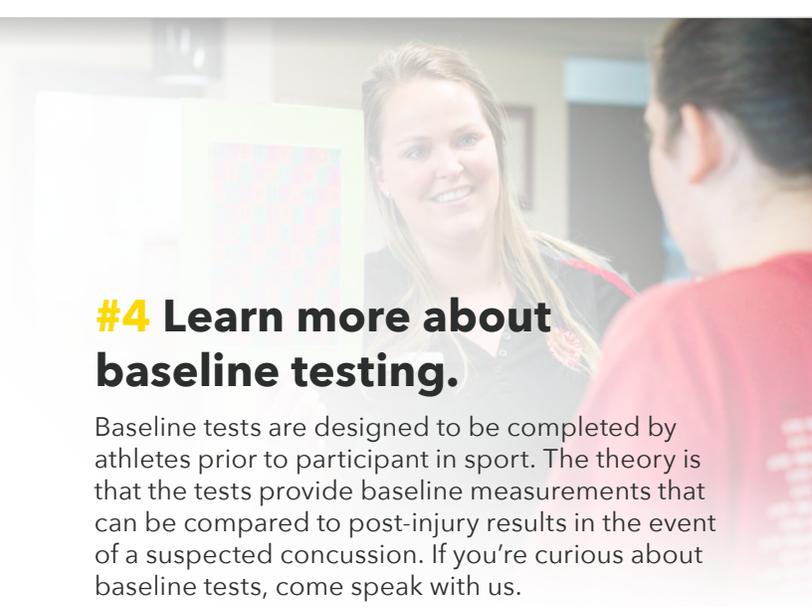
### #2 Opt for custom-made, properly fitted mouth guards over store-bought ones.

Contrary to the popular belief that only helmets prevent concussions, custom-made, properly fitted mouth guards (rather than those purchased at sports stores) have been scientifically proven to reduce the risk of sustaining a sports-related concussion. In order to be effective, mouth guards must always be worn properly and shouldn't be chewed on.



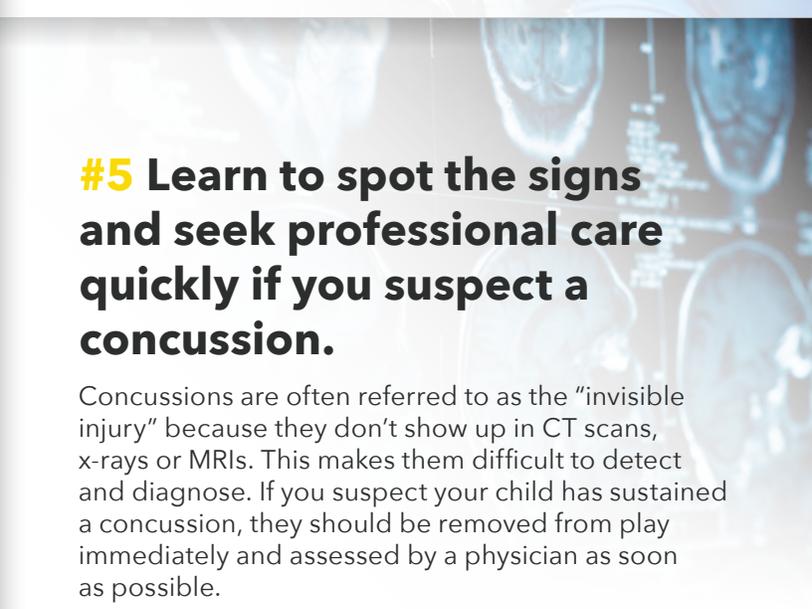
### #3 Talk with your kids about playing safe and with respect.

Players have a huge role to play in preventing concussions by playing fairly and safely. We encourage you to talk to your child about sportsmanship responsible behaviour on the ice. Remember that you also play a critical part as a role model for your child and other players.



### #4 Learn more about baseline testing.

Baseline tests are designed to be completed by athletes prior to participant in sport. The theory is that the tests provide baseline measurements that can be compared to post-injury results in the event of a suspected concussion. If you're curious about baseline tests, come speak with us.



### #5 Learn to spot the signs and seek professional care quickly if you suspect a concussion.

Concussions are often referred to as the "invisible injury" because they don't show up in CT scans, x-rays or MRIs. This makes them difficult to detect and diagnose. If you suspect your child has sustained a concussion, they should be removed from play immediately and assessed by a physician as soon as possible.



Questions? For more info, contact us at

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