



CONCUSSION



A Must-Have For All NFL Players Let's Take The Brain Out Of Play!

Concussion Facts

Sometimes people love football so much it hurts.

A concussion is a *Brain Injury* that can *affect the way your brain functions*, sometimes so much that you could be *benched or cut* from the team.

Concussions can occur following a hit that is *so awesome*, the brain twists around and can even impact the inside of the skull.

- If you've delivered a hit like this: That's a *damn good hit!* Keep it up!
- If you've been hit like this: Don't think about the fact that suffering concussions can give a player a *reputation for weakness* that could follow him around for years and *reduce his salary* or even *end his career*. Don't think about how the coach, team captain, trainer, media, and fans will react. *Just report it.*

Remember, a concussion is not a sign of weakness in the way refusing to play through pain is.

Concussion Symptoms

If you're aware enough to wonder if you have a concussion, you probably don't. Common symptoms include:

- Confusion
- Irritability [similar to a menstruating woman]
- Headache [similar to the ones your little sister or grandmother might complain about]
- Aversion to noise and light, such as that encountered while playing in a nationally televised football game
- Difficulty concentrating on being tough
- Slow reaction times compared to the other, perhaps better and stronger, players
- Not wanting to play football as badly as the man behind you on the depth chart
- A sudden urge to play in the CFL
- Forgetting that your only other job options are construction, crime, or the military
- Feeling like a giant pussy

Why Should I Report My Symptoms?

- Reporting a possible concussion is the only way the team doctor can tell you you're fine.
- If you continue insisting you've had a concussion, the team doctor will listen. He will then tell your position coach you think you've had a concussion, and the coach will tell the head coach, and the head coach will tell the owner.
- Soon, everyone in your organization will know you reported a concussion, and they will think about you differently the next time they ask you to do something physically demanding, such as play professional football for millions of dollars.
- It will be best for the team, which is what really counts.

What Should I Do If I Think I've Had A Concussion?

REPORT IT. Never ignore symptoms! Having a concussion can have serious consequences, such as not making the Ironman team or the Pro Bowl team or next year's team. Also, tell coaches if you think a teammate has a concussion, especially if he is the starter and you are the backup.

GET CHECKED OUT. Your team's medical professionals make the health and well-being of players their first priority, which means they need to keep tabs on your overall condition. They will manage your concussions according to NFL guidelines and will call specialized personnel to help you if necessary, including headache specialists, gynecologists, your mommy, and your agent.

TAKE CARE OF YOUR BRAIN. Ask the coaching staff what kind of workouts will speed your recovery from a concussion. Try to remember: If you need assistance making your concussion "go away," it's the NFL's job to help!

**Concussions Are All In Your Head—Help Keep Them Out Of The Game.
*Remember, Everyone Is Watching You!***