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AHEAD OF THE GAME

THE PARENTS' GUIDE TO YOUTH SPORTS CONCUSSION



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WITH A FOREWORD BY U.S. REPRESENTATIVE BILL PASCRELL, JR.

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Ahead of the Game: The Parents' Guide to Youth Sports Concussion



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As many as 63 percent of students have already experienced at least one concussion, while another 500,000 children between the age range of ten and fourteen check out ERs for concussion annually. Sports-related concussions, also called moderate traumatic brain injuries, have grown to be a national epidemic. New research has shown that there surely is no such point as a simple "bell-ringer," and that sending a child back again on the field too early puts his / her physical and psychological health at risk. Yet it really is all too an easy task to miss the warning signs of concussion, or even to encourage kids to "walk off" a potentially devastating injury. Rosemarie Scolaro clarifies how:

- * Helmets and mouth guards, even when properly installed, cannot prevent concussion
- * Concussions may negatively have an effect on a child's GPA, college performance, and emotional behavior
- * Girls tend to be more susceptible to concussion than males
- * State concussion laws might not be enough to keep children safe

Ahead of the Game clearly lays out the fundamentals of identification, management, and treatment of concussion in children, and details the essential steps we can try protect their most essential organ--the brain--before an injury occurs. Ahead of the Game may be the first book to provide parents of school-aged sports athletes the tools they need to keep kids secure on the field, courtroom, diamond, or rink.



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This is a snappy 210 page soft covered publication that heavily relies on her ability to grasp complex tips which she breaks down and then integrates into medical practice. Ahead of the Game Moser brings to the topic matter a unique history: As a clinician who offers treated hundreds if not a large number of concussed student-athletes at the Sports Concussion Center of NJ, she brings real life experience to the subject, not just as a neuropsychologist with specialized experience on baseline and post-concussion neurocognitive testing but in the management and treatment of concussions, like the academic accommodations which are often needed through the sometimes long road to recovery.. Marie Moser released "Ahead of the Game". To be certain, for someone mainly because steeped mainly because I am in the subject of youth sports concussion, much of AHEAD OF THE Video game plows familiar floor. Skip to chapter 4: the eight stage plan to identify, treat, and reunite in the game (safely ! You are your son or daughter best advocate educate yourself to do that job. Like fellow MomsTEAM expert Bill Meehan's excellent book, Kids, Sports activities, and Concussion, Moser draws on her behalf experience as a clinician to provide parents with helpful and informative case histories, like the tale of Heidi Taggart, whose concussion trip her mom, Dorothy Bedford, chronicled in depth for MomsTEAM readers in her cautionary tale, Unmarked Detour. Each chapter ends with a helpful summary, and the reserve concludes with many very helpful appendices listing assets (including MomsTEAM); a sports concussion cards listing concussion signs and symptoms, steps to take the function of a suspected concussion, and tips to remember; the academic phases of concussion recovery; There are so many traditional misconceptions on how to deal with concussion, and Moser handles all of them, providing research results and clinical suggestions on what victims need to be treated for ideal recovery. Prior to the Game is certainly meticulously researched and copiously footnoted, and as current as a publication on a rapidly evolving field such as for example concussions can be. "Prior to the Game" includes a format that is definitely super easy to use. For example, not only will she remind parents of the importance of monitoring their children for outward indications of concussion that could not appear for hours, if not days, following a concussion injury, but she explains why delayed symptoms are therefore typical in children and adolescents. For parents who may not understand why cognitive and physical rest following a concussive injury are so essential (the benefits of which are reported in Moser's soon-to-be-released research), Moser offers a detailed - but not too detailed - explanation of the way the brain functions (including the fact that the mind uses 20-25% of your body's energy), the effect of a concussion about that function, and why it really is so important not to "stress a mind when it's down." Seeing that a clinician with concentrated knowledge in administering and interpreting the outcomes of the Influence neurocognitive test, she provides parents with extremely valuable, practical assistance about the use of such tests, including the dependence on periodic re-testing to establish a fresh baseline to reflect a child's developing mind and cognitive skills. After that she takes these tips and principles and makes them available to a wide lay and professional readership. EASILY have one tiny quibble, it really is that the reserve omits several suggestions for just what a concussed college student can properly "do" while recovering. Better not to hurry the recovery process; In my opinion she actually is among best the field of neuropsychology has to offer and the nature of her knowledge is woven through every part of her latest book, Prior to the video game: The parent's guidebook to youth sports concussion. It really is a must have reserve! Moser, bravo! I purchased the book for each of my sons because I really believe that it is a quality product that may alert and guidebook parents devoid of causing undue alarm.com Read and Find out When to Respond! Mercifully, Dr. Because the author of several landmark studies on the often subtle and long-lasting ramifications of

concussion (particularly multiple concussions), neurocognitive testing, and, most recently, on the significance of cognitive and physical rest in recovery, she is also focusing on the leading edge of science, helping to broaden the frontiers of our knowledge in this rapidly evolving field. Dorothy Bedford, author *The Unmarked Detour: A Family's Trip Through Post Concussion Syndrome*, at MomsTeam. and naturally, I worry. When I examine this publication, I was impressed with the accurate, insightful and meaningful info it contained. Without alarming parents (and grandies) the information is presented that may relieve anxiety and inform individuals as to the possible injuries connected sports, and when/why to seek additional medical attention. The vital information is certainly summarized in "shaded" paragraphs allowing quick reference in a worried moment. Take note: This review 1st appeared on MomsTeam. A Book Every (Sports activities) Parent Must Read By this time of 12 months, there are many players and parents dealing with the aftermath of concussion and wondering about their future as athletes, or even worse, as students. Concussion can happen at a pre-school playground, while buttoning a shirt, on a soccer pitch, basketball court, football field, hockey rink, riding ring, baseball/softball diamond or nearly anywhere. This is the book every sports activities parent or grandparent needs inside your home, or in hand, since it is a sports parent's job to be able to suspect their player's concussion and get the right help as fast as possible. This reserve is particularly important to the millions of families engaged in rec-league, travel-league, or middle school sports whose teams almost never have access to a qualified athletic trainer or group physician, and whose coaches may be volunteers. In fact, it's an extremely useful publication for both volunteer coaches, and student sportsmen who wish to know more. the appropriate care of an athlete which has sustained a concussion. Dr. Rosemarie Moser's practical, plain-spoken, very up-to-day, but short reserve presents a wide range of information regarding youth sports concussion within an easy-to-read 150 pages of text (plus notes and appendices). Dr. Parents, I have news for you: your child's serious concussion is going to seriously impact your daily life, so focus on Dr. Moser's well-documented material. She's group neuropsychologist to several professional sports groups, she's on the leading edge of concussion analysis with a number of colleagues around the united states, other professionals like ATCs and MDs discover her collegial, and she's great with the teenagers in her workplace. But additionally there is much in Moser's book that parents - even those with concussion experience - could be learning for the first time and find not merely informative but probably surprising. Don't need the basic lessons? It covers all the bases, from concussion description and symptoms to post-concussion evaluation and treatment, from a list of queries for parents to request instructors, certified athletic trainers, college nurses, and a child's physician, to an eight-step arrange for parents to follow in safely returning an athlete to the playing field after a concussive injury.). Skeptical that your pediatrician is normally giving you current assistance? Is usually your pediatrician out of concepts? Fighting post-concussion syndrome? Observe Chapter 6: drafting your concussion healthcare team. Chapter 4 also contains a very rare, useful synopsis of both advanced consultations and novel/ alternate therapies reporting anecdotal success, which will save you many hours of Web searching. Facing serious college difficulties?], amongst others. E.P.s. Are you wondering about too many concussions? There's an intelligent discussion of "early retirement" in Chapter 5. Includes links to the CDC's excellent internet site on concussion in sports [Observe Chapter 7. While she concedes that some parents may look at three weeks as "an excessively long break," her recommendation, which I share, is backed up not just by science (recent studies, for instance, displaying that cerebral blood circulation in youth may stay suppressed even thirty days after concussion, and another discovering that 85% of concussions take at least three weeks to

resolve, and many take much longer), but by Moser's huge clinical experience: "In my experience, by the time an athlete offers completed an initial span of rest, submitted to post-concussion testing, and approved physical exertion tests, and a graduated return to workout, three weeks or so have already passed anyhow. The prescription for Total REST must be taken seriously, nonetheless it does obtain boring - my daughter appreciated simple chores in the kitchen (no reading complicates quality recipes!) and garden, listening to recorded books or (calm) music in a dark space, and warm (not sizzling) baths. My grandchildren are involved in some form of contact sport. Moser's reserve treads lightly on plan rhetoric, dodges the blather of professional sports activities commentators, and avoids broad generalizations about the horrors of tackle football and hockey looking at. Using user-friendly language and real case scenarios, "Ahead of the Video game" provides a step-by-step method of the identification, understanding, treatment and aftercare for concussed student-athletes. Moser is clearly a sports enthusiast; she just wants to see the children play properly, and recover thoroughly. With lots of footnotes, and five appendices, those who are motivated to go beyond the immediate, practical knowledge have plenty of resources to build up their expertise. Ready to become a concussion advocate?. Moser is normally a neuroscientist on an essential mission; Learn about academic accommodations, 504s and I.. I no longer watch the NFL, and this book is one of the main reasons, not only the talk on TV and the lawsuits. This reserve is technical yet a straightforward read. Moser will a very good work of tracing the annals of our understanding of concussion, giving credit where credit is because of such pioneers seeing that neuropathologist Bennett Omalu, for instance, for being the first ever to link concussions among past NFL players with the development of chronic traumatic encephalopathy (CTE). Must read for all parents Read this publication after son got his third concussion. Gives all the new standards for concussion and what to expect from a real concussion specialist A must have book for any parent who's children play sports. As a Certified Athletic Trainer which has worked everywhere from high school to professional sports activities, I can attest to the importance of . Those well-versed in concussion (like ATCs) should be familiar with it, so they can confidently hand it to a family group in need. It is the reserve I wish I acquired had when my very own 16 year previous daughter, a hockey goalie, got decked in February 2010, beginning a 14 month recovery from post concussion syndrome. The publication covers all important areas that emanate from the intersection of neuropsychology, concussion and high school sports activities. Any parent that wishes to understand even more about concussions and the appropriate up-to-date management methods would truly reap the benefits of this book."To that I say, bravo, Dr.! Essential information for athletes and parents If you've ever had a concussion, particularly multiple ones, in case you have children in athletics in college, that is a must-read. I happened to have indexed this book prior to publication (I receive no payment or incentive from author or publisher to write a review), and it had been rather timely, since I was an NFL football fan, and the issues with concussions there have been just arriving at light.com Every parent of a concussed child should read this book My boy has suffered seven concussion partly 13 weeks, it wasn't until We started asking the doctors queries that they couldn't response that We started the study of concussions.. to enlighten people on not only the cognitive and emotional damage that is due to multiple concussions and what to look for in symptoms, but the importance of the right therapy for the proper length of period to minimize the long-term negative effects, which can lead to clinical depression and also suicide. A scary book in a few respects, but oh, therefore necessary inside our culture of being tough on the playing field. and a state-by-state guidebook to new and pending concussion legislation. "Ahead of the Game" ahead of state protocol Useful and obtainable parental information regarding concussions in youth and senior

high school age student-athletes has been around scarce supply until Dr. And, finally, she is, like I have already been, a tireless advocate for increased concussion education for all the stakeholders in youth sports, and, most importantly, for a careful, balanced, and conservative method of the management of concussions in youth sports athletes, one that, in my own view, is pitch great: avoiding on the main one hand the view of the doomsayers predicting - or, indeed, calling for - the elimination of get in touch with and collision sports at the youth level, and alternatively, the position taken by some that there is small, if anything, we are able to do to safeguard young sportsmen from the dangers inherent in taking part in such sports. Dr. Moser targets assisting athletes, coaches and parents to very easily recognize the signs or symptoms of a concussion. Dr. As an Associate Director for the brand new Jersey Condition Interscholastic Athletic Association which needs all interscholastic coaches and video game officials to annually complete a course to identify the signs and symptoms "Prior to the Game" far surpasses condition protocol. Moser is Epitomy of 21st Century Neuropsychologist When I met Rosemarie Moser twenty years ago, I had simply left academic and clinical practices of psychology, including neuropsychology, and entered the practice of personal injury rules. My impression then and now is that Dr. Moser may be the epitome of the twenty initial century applied psychologist. A lot more than anyone else I understand or know of, her writing integrates and theory and scientific practice. time for sports too soon only models the athlete up for additional, potentially devastating injuries. AN EXCELLENT Neuropsychologist Rosemarie Scolaro Moser's reserve, Ahead of the Video game: The Parent's Guideline to Youth Sports Concussion (University Press of New England) is just what it says it really is: a practical, no-nonsense guideline for parents about sport concussions. But of all of her advice to parents of concussed sports athletes, there is one recommendation that I hope they will listen to and follow above all: that concussed youth sports athletes not return to contact sports activities for at least 3 weeks after all symptoms have subsided. Provided the seriousness of this issue, I was amazed to find that the publication was fun to read. Moser does an excellent job outlining the essential and complex information in an clear to see format. Dr.



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