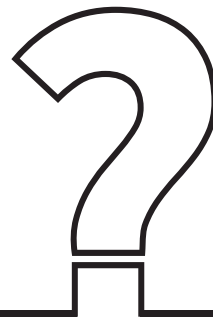


WHAT DO WE KNOW ABOUT SPORT-RELATED CONCUSSIONS IN PEOPLE WITH DISABILITIES



Athletes with disabilities are at risk of concussions, particularly those who participate in high-speed and high contact sports



▶▶ 2 WAYS TO PREVENT CONCUSSIONS IN PARA SPORT:

- ▶▶ New rules (e.g., to decrease player-to-player contact)
- ▶▶ Better enforcement of the existing rules



Did you know?

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Up to **81%** of athletes with a disability report higher baseline concussion symptoms than able-bodied athletes (Moran et al., 2020).[Ⓢ]

Baseline testing is key to assess individual differences and helps support concussion assessment.

▶▶ ASSESSING CONCUSSIONS IN ATHLETES WITH DISABILITIES

Concussion assessment should be performed using the SCAT-5*[Ⓢ]

The SCAT-5 requires athletes to stand, walk, read and communicate verbally. Adaptations to the SCAT-5 can be made to assess concussions in athletes with diverse abilities.

For example, alternative forms of communication for athletes with visual and speech impairments.



To improve concussion reporting and management in athletes with disabilities, create and share educational tools targeted at the athletes and their coaches, parents, officials and healthcare providers.



* Concussion diagnosis in athletes with disabilities should not be based solely on the results of the SCAT-5.

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For more information visit sirc.ca/concussion[Ⓢ]

