



UNDERSTANDING CONCUSSIONS IN YOUTH SPORTS... WHAT YOU NEED TO KNOW

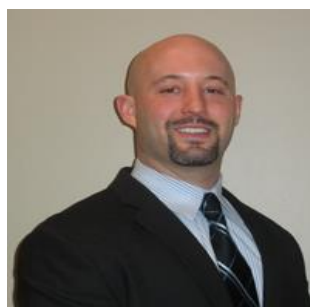


Concern about youth sport concussions and how these brain injuries affect children's health, has never been higher. An estimated 4 to 5 million concussions occur annually with many more going unrecognized and untreated. Studies show an increase emerging among middle school athletes. Join New Lenox Safe Communities and our Youth Sports Injury Prevention Team as we host an educational and interactive presentation on concussions in youth sports. **Wednesday, February 11th at 7pm at New Lenox Village Hall, 1 Veterans Parkway.**

- What is a concussion? Why are youth athletes more susceptible?
- What are the steps to follow if you suspect an athlete has experienced a head injury?
- Diagnosis/Treatment
- Symptoms
- Establishing strong concussion policies and procedures for your organization and school
- Return to Play Programs
- Baseline Concussion Testing



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