

# Protect your child from the effects of multiple concussions

## Introducing the Play Safe Program

### What is a concussion?

A concussion is an injury to the brain, generally caused by a blow to the head, which jars or shakes the brain inside the skull. A concussion changes how the brain normally functions. Signs and symptoms of a concussion - including headache, nausea, fatigue, confusion or memory problems - are often obvious right after the injury. However, sometimes they may not be recognized until days or even weeks later.

While most people fully recover from the effects of a concussion, there can be serious, long-term health consequences – particularly among children and young adults. **Immediate, proper diagnosis and care for a concussion are the keys to avoiding any long-term effects.**



### Protect your child with the Play Safe Program

At Excelsior Orthopaedics, we're committed to keeping young athletes in the game, safely, which is why we've created the Sports Concussion Center at Excelsior and the *Play Safe* Program – the only one of its kind in WNY.

*Play Safe* is a comprehensive concussion management program, specifically designed for young athletes ages 10 and above. It starts with a “baseline” test – an online test of your child’s cognitive function, which will take approximately 20 minutes for him or her complete. The results serve as the point of comparison to future tests, which would be given if your child were to sustain a concussion.

From there, the *Play Safe* program is all about the proper diagnosis and superior care for a concussion. And the team at the Sports Concussion Center at Excelsior Orthopaedics is uniquely qualified to provide your young athlete with that care.

*The Play Safe baseline testing tool was developed by ImPACT – the internationally recognized leader in the field of cognitive testing.*

For more information, visit:  
[www.impacttest.com](http://www.impacttest.com)

Led by Dr. Jason Matuszak, the only physician in WNY certified as an ImPACT consultant, and backed by a group of medical professionals, therapists and athletic trainers, the Excelsior team are the experts in the management of youth sports-related concussions – from initial diagnosis and treatment to the therapy and “return to play” plan, which will ensure your son or daughter a safe return to the appropriate level of activity.



And at Excelsior, you can access all of this in one convenient location – at the Excelsior medical campus on Sheridan Drive in Amherst.

### **Play Safe... Enroll your child today!**

Get ahead of the game; enroll your child in the *Play Safe* program today by registering online for the baseline test. Just go to [www.excelsiorortho.com](http://www.excelsiorortho.com).

3925 Sheridan Drive Amherst, N.Y.  
[www.excelsiorortho.com](http://www.excelsiorortho.com) • 716-250-9999

