



## GOING HEAD TO HEAD WITH CONCUSSION

### Guide for athletes, coaches, parents and teachers

Collective led by Dr. Dave ElleMBERG, neuropsychologist

Soccer, rugby, hockey or ultimate frisbee fans: protect your brain!

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Our young people are just as likely as professional athletes to suffer concussion. But how can we recognize it, treat it and maybe even prevent it?

This guide presents the most up-to-date scientific data on the subject. Signs, symptoms, how long to rest, when to resume mental and physical activities, long-term consequences: everything is explained simply and clearly, backed up by humorous drawings, without exaggerating but also without underestimating the powerful effects of this injury. Coaches, parents, educators and athletes themselves, young and adult, will find what they are looking for in the sections written especially for them.

Concussions are serious! Our brain is our greatest strength; it's therefore important for us to ensure it reaps the benefits of physical activity, while protecting it as much as possible from dangerous impacts.

### Strong points

- Practical suggestions specifically addressed to coaches, parents and educators.
- Amusing illustrations that popularize the content.
- A five-step program that covers all the interventions necessary for treating and preventing concussion.
- Specific actions to take to intervene effectively.

*Dave ElleMBERG is a clinical neuropsychologist, specialized in the field of concussions. He is also a full professor at the Université de Montréal and a researcher at the Sainte-Justine Mother and Child University Hospital Centre. He has given almost two hundred lectures on concussion and learning disorders to parent groups, as well as to healthcare and education professionals.*

