Balance Disorders and Concussions

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Short Communication

Concussion is a traumatically induced transient disturbance of brain function and involves a complex pathophysiological process. According to literature, the frequent correlated symptoms after a concussion are headache, dizziness, postural disturbances/imbalance and neck pain. The balance disorders occurrence is between 40% and 80% and it is growing as a health concern. Concussion occurs in all sports, and the highest incidence in: football, soccer, hockey, boxing, rugby and basketball. In the existence of concussion and dizziness, the defiance is identifying the original cause and establishes an appropriate diagnosis. Concussion management and treatment of balance impairments in athletes should be assessed in an inchmeal, from initial impact to resolution of symptoms. Sports medicine physicians and a multidisciplinary approach with specific training and experience in the assessment and management of concussion are frequently involved in the attention of patients with sports concussion. The diagnosis involves physical and cognitive evaluation, followed by a planned and progressive return to physical activity. If symptoms are prolonged, impaired neuronal mechanisms or irreversible cerebral injury may motivate determined symptoms and cognitive deficits seen in neurocognitive testing [1-5].

Management protocols are currently focused on customized assessment of neurocognitive and comprehensive symptomatic evaluations. It is not clear if the dizziness experienced post-concussion is from peripheral or central etiology. New technology has been created to prompt and simply quantify concussions from peripheral vestibular disorders. It is broadly accepted that neurocognitive and resolution of concussion-induced symptoms requisite priority to return to sport or play and therefore, the athlete should be reassessed and treated until symptoms resolved. Future directions in the evaluation, diagnosis and treatment of sports-related concussion add in enhance research on occurrence proportions and effects of concussions for females and younger groups, family educating and post-concussion cognitive evaluation, with a peripheral and central vestibular system and balance assessment. Primary prevention of some injuries could be likely with modification and implementation of the guidelines and fair play. Legislative efforts will make available an uniform standard for sports organizations about concussion safety and management [6-10].

References
