



#BestPractices

from Abby Wambach

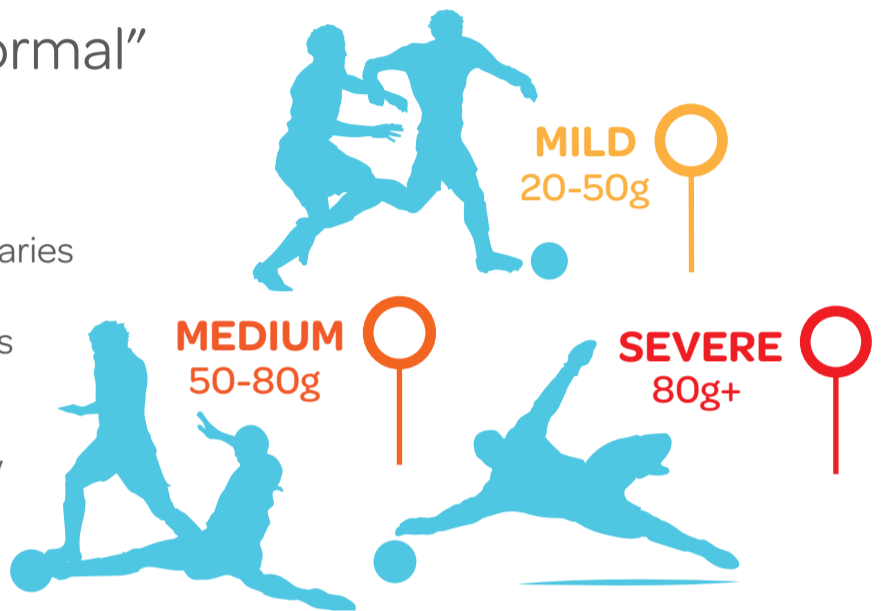
triaxtec.com

Know your personal “normal”

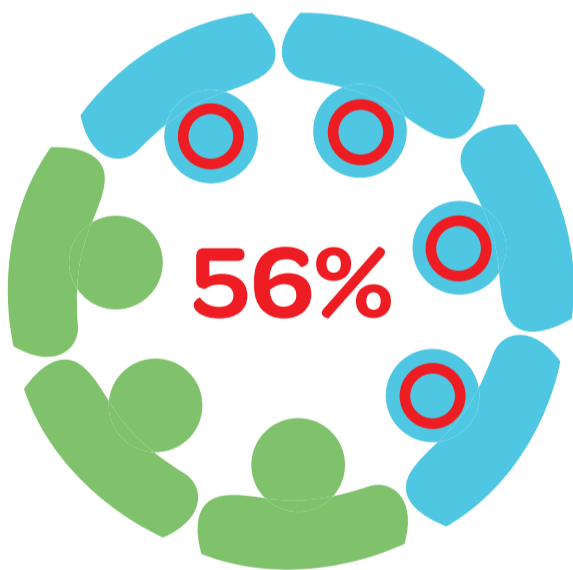
Average head impact scores and risk is individual

Everyone is different, injury threshold varies from person-to-person. Tracking your numbers gives you insights into impacts that could be potentially dangerous.

Even if your numbers aren't high, if they are outside of your “normal” range, tell a parent, coach and/or trainer.



SLI, Hit Count Certification. <http://hitcount.org/about/>



Listen to your body

56% of players would hide symptoms to stay in a game

No athlete wants to leave the field or let their teammates down, but with head impact injuries, “toughing it out” can have bigger consequences.

Wear a Smart Impact Monitor (SIM-P) to identify hits that should be evaluated. Addressing significant hits early can lead to quicker return to play.

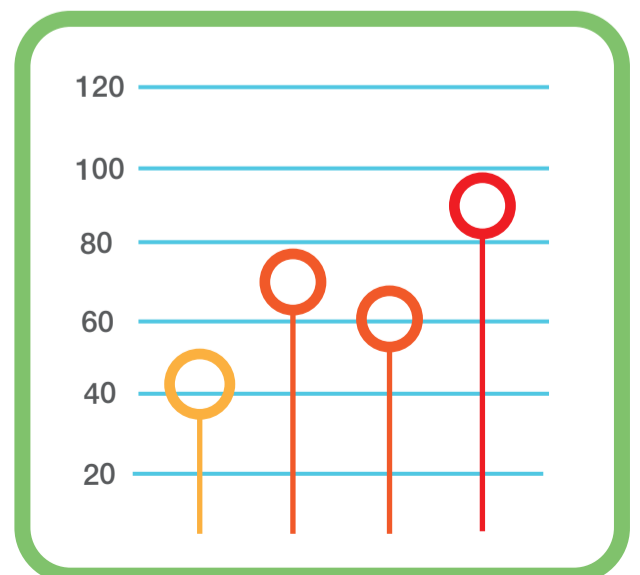
<http://www.sportingnews.com/nfl/story/2012-11-11/nfl-concussions-hide-symptoms-sporting-news-midseason-players-poll>

Track with SIM data

Sub-concussive hits matter, too

Consistent monitoring will help to identify trends to be aware of including repetitive “sub-concussive” hits that can be as damaging as one large hit.

Use the information from your Smart Impact Monitor (SIM-P) to recognize activities that are generating greater impacts and adjust your technique.¹



Talavage T, Nauman E, Breedlove E, et. al. Functionally-Detected Cognitive Impairment in High School Football Players Without Clinically-Diagnosed Concussion. J Neurotrauma. 2010; DOI: 10.1089/neu.2010.1512.