

## Head Trauma in Wrestling

By Dr. Doug Conkwright, M.D.

---

**A**s in all contact sports, head injuries are a major medical problem. A head injury can result in a cut to the head or a bump. Concussions are what constitute the greatest concern. Definition of a concussion

is any altered state of consciousness at a given moment in time. Following a head blow it may only be momentary confusion or complete loss of consciousness (LOC). There are three grades of concussion discussed further on in this article.

Wrestling is particularly problematic because of time constraints. With only 90 seconds to decide whether a wrestler has sustained a serious enough injury to permit further wrestling. A head blow presents a problem of medical judgment. To make