

Preface

As health care providers for children, we are dedicated to giving kids of all ages the best care possible. During training, we each developed a strong interest in concussion-related concerns which peaked while treating the increasing number of children presenting in our individual practices. Upon collaborating to develop a formal clinic to attempt to best treat these children, the focus on concussion diagnosis and treatment became a passion. As with many aspects of pediatric care, not enough focused information is available to help the child and adolescent practitioner best serve this population. Through interaction with a number of other professionals, from teachers and athletic trainers to parents to pediatricians, we felt limited in our ability to provide resources and education. Thus, the idea for this book was born.

It is difficult to be both comprehensive and all-inclusive in a rapidly expanding field. This is reflected even in the title of our book, which focuses on “concussion.” Use of this term is debated, with some of the authors in this book (see Chap. 2 for example) pointing out that mild traumatic brain injury (mTBI) could be considered a more appropriate term. However, we have chosen to include a wide number of opinions in this book, focusing on the use of more common terms to allow for a wide readership base. We would like this book to be useful for caregivers with significantly different backgrounds. As a result, the reader will likely note a variation in opinions and perspectives, but we felt it was important for all to be represented. As editors, we purposely chose our contributing authors in an attempt to provide the most up-to-date and expansive views across the myriad of professional fields. We have allowed these authors to use their own voices to communicate important aspects of this topic. We hope that in doing so, we have represented the complexity of this rapidly developing and expanding field, while also giving the reader a strong foundation in fact and knowledge about the assessment, diagnosis, management, recovery, and prevention of these injuries.

Each chapter is intended to stand alone and work in coordination with the book as a whole. As a reader, you may wish to read the work from beginning to end, in which case we hope you will find the experience vastly educational. However, by contrast and particularly depending on your own level of expertise with this injury,

you may find it just as useful to read chapters individually. For enjoyment, you could start your journey with the case story presented at the end of Chapter 12.

Most of all, we intend to help bring a voice to this massively important injury in childhood and adolescence. Too many children are suffering needlessly during their recovery process because too many adults who care for them are not adequately educated about concussion and how to recognize and treat it. We hope that this work will improve the knowledge base available for all those who care for kids.

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