



## **HEAD TRAUMA/INJURIES** **KNOCK-OUTS**

*To all Fighters / Managers / Trainers / Promoters:*

After the bouts tonight if your BOXER/MMA fighter suffered a TKO or KO or just may have taken too many headshots, they may be suffering from a concussion or other head injuries. The fighter must seek immediate medical attention if they experience any of the following:

Nausea	Vision Difficulties
Vomiting	Severe Headaches
Sleepiness	Tremors, Fits or Convulsions
Confusion or Loss of Memory	Trouble with balance or coordination
Dizziness	Weakness of arms, legs or one side of the body

If you feel that the FIGHTER HAS A HEAD INJURY note the following:

- \* Do not let the Fighter walk/travel home unescorted – some one should be with the Fighter for at least the next 24 to 72 hours. If the above symptoms persist or get worse you must seek immediate medical attention.
- \* Do not take any medications unless first cleared by your physician. The following should not be taken (Aspirin/Motrin/Advil or Aleve) because aspirin may cause bleeding into or around the brain in head injury patients.
- \* Follow a clear liquid diet for 12 to 24 hours (take such things as Gatorade, Kool-Aid, Apple Juice – avoid carbonated sodas). Do not drink any alcoholic beverages.
- \* Overall get your REST and try to avoid any type of physical activity until cleared by your physician.

You should be aware the symptoms of potential serious head injuries might not start right away. They may take several days to develop. Remember if any of the symptoms do occur you must seek medical attention immediately. HEAD INJURIES ARE LIFE THREATENING.

## **\*\* Medical Suspensions \*\***

After a boxing/MMA event it is very routine for this Commission to hand out medical suspensions to those fighters who have suffered losses by either TKO/KO or have facial cuts or medical injuries or who were involved in “tuff” fights. These suspensions go directly to the boxer via U.S. mail.

**This is to alert you that while this Fighter is on suspension this means that they should not be in the gym sparring.** This suspension is just that...a suspension from all boxing/grappling!! You as the fighter’s manager/trainer/promoter should take the necessary steps to ensure that this fighter is not sparring and is not involved in activity at the gym that could worsen the fighter’s condition. For example if a fighter is given a 30-day suspension, then this means NO sparring and no contact for 30 days.

If you as the fighter’s manager/trainer/promoter want to know what type of suspension your fighter may have received after a bout – just call the office 717-787-5720. Or go to the Commission’s web site ([www.dos.state.pa.us](http://www.dos.state.pa.us)) click onto Athletics and then go to Results – here you can see the Results of all matches and all suspensions that were given.

REMEMBER – these suspensions are medical suspensions and are to be taken seriously by the fighter and the manager/trainer/promoter – we at the Commission are relying on you to ensure that your fighter is following these medical suspensions while they are in the gyms.