

Concussion Apps

One way for athletes, coaches, parents, officials, support staff and medical personnel to become more educated about concussions is by downloading concussion "apps" on their mobile devices. These apps give the user the opportunity to download educational materials quickly, and, second, they possess operating systems that support engaging and interactive solutions to learning.

Concerned that use by parents and other non-medical personnel might carry significant legal liability, the authors of the study say, "care should be taken to ensure that assessment tools are used exclusively by licensed health care providers." Most of the apps below, however, are designed for use by medical professionals, such as athletic trainers or team doctors, not by parents or coaches.

FirstResponder - Recognize Concussion in Athletes

PCSI - This is a post-concussive symptom inventory

Sideline ImPACT - Designed to help identify signs and symptoms that are often associated with a concussion.

The Brain Base - a tool that represents a method of evaluating athletes for a concussion. Assess cognitive impairment.

Concussion Recognition and Response - The app allows parents and coaches to capture and retain data on concussion incidents for a particular athlete and determining whether concussion is suspected by responding to a series of screen prompts.

Concussion App from Sports Safety Labs LLC - Provides basic information on concussion signs and symptoms; allows a user to call an ambulance via 911, helps a user locate the nearest hospital and provides driving directions, and allows the user to send location coordinates via email to emergency contacts and rescue personnel.

SCAT2 - A tool that represents a standardized method of evaluating injured athletes for concussion and can be used in athletes aged from 10

years and older. Helps with sideline concussion assessment.

Return2Play - This helps track your activities and your symptoms as you work through your concussion recovery program.

Hockey Canada Concussion Awareness - An app for anyone interested in learning about the prevention, recognition and response to a concussion injury (hockey).

USA Football Heads Up Football - Speaking of football, as the name suggests, this app explains all of the elements of USA Football's Heads Up Football program, which the organization touts as a comprehensive approach to player safety for leagues, parents, and coaches run in partnership with the NFL.

Centers for Disease Control (CDC) Heads Up - A new mobile app from the CDC based on its well-known "Heads Up" concussion awareness program, this app is broken into four sections: