



THE SMART WAY TO SAFELY HEAL

Best ways to handle sports concussions

Speaker Sherrie Ballantine-Talmadge, DO, with CU Sports Medicine and Performance Center

When Tuesday, Aug. 26, from 7 to 8 p.m. (Mountain Time)

Where Watch online. You'll get the link once you register.

Hits to the head are almost unavoidable in contact sports. But with any bump to the head, caution should be the name of the game. That bump could cause a concussion — a mild traumatic brain injury, which can potentially lead to long-term complications such as chronic headaches, cognitive challenges and emotional difficulties.

Hear board-certified sports medicine physician Sherrie Ballantine-Talmadge, DO, describe the signs of concussion and when a hit to the head should mean a trip to the doctor or emergency room. Then she'll review treatment options and rehabilitation for concussions.



REGISTER FOR FREE ONLINE LECTURE:
bch.org/concussion

