

# Concussions: Prevention Tips

**Theory:** When an athlete can see and anticipate a “hit” coming, he or she can use the strength in his or her neck to make it “stiff,” allowing for a decrease in head acceleration. This helps to decrease the amount of brain movement within the skull and potentially prevent a concussion.

## Concussion Prevention Program

*Julianne D. Schmidt, Rooney M. Training for Warriors:  
The Ultimate Mixed Martial Arts Workout, 2008*

### Warm-Up

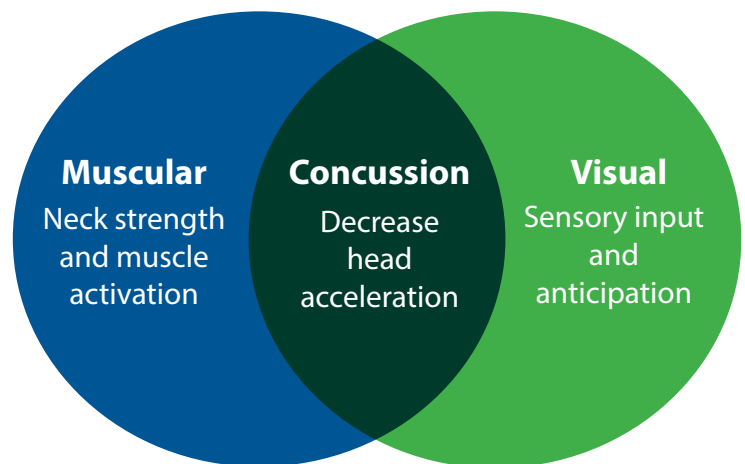
- Neck Circles
  - Clockwise
  - Counterclockwise

### Training

- Manual Neck Resistance (Isometric)
  - Flexion
  - Extension
  - Lateral Flexion (ear to shoulder)
- Prone cobra
  - No resistance
  - Partner resistance
- Back neck bridge
- Front neck bridge
- 4-way neck machine

### Anticipation/visual training

- Focusing
  - Use two pieces of paper with random letters in rows.
  - Place one sheet on the wall and have the athlete hold the other sheet.



- Have the athlete read from the paper on the wall to the paper they are holding.
- Measure the amount of time that it takes to complete this task.
- Work on improving the time.

### Tracking

- Use two pieces of paper with random letters in columns on the edge of each piece.
- Have the athlete read from side-to-side.
- Measure the amount of time it takes to complete.
- Work on improving the time.

