

SHUFU MEDICAL COMMITTEE
2019 SPRING SHUFU YUDANSHAKAI MEETING

References discussed @ the Fall 2018 SHUFU Yudanshakai Meeting

A. IN THE CLINIC |3 JULY 2018

Concussion

Christina L. Master, MD; Andrew R. Mayer, PhD; Davin Quinn, MD;
Matthew F. Grady, MD

Ann Intern Med. 2018;169(1):ITC1-ITC16.

DOI: 10.7326/AITC201807030

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B. Legal and ethical implications in the evaluation and management of sports-related concussion

Matthew P. Kirschen, MD, PhD et al.

Neurology® 2014;83:352–358

DOI 10.1212/WNL.0000000000000613

Insert DOI # in: <https://www.ncbi.nlm.nih.gov/pubmed/> or at the PubMed search engine for access that may require purchase.

PDFs of the articles are available at the National Library of Medicine (on the NIH campus) in Bethesda, MD and may be available at the University of Maryland Library.

Brief summary and highlights of the above articles important to judo:

Recently, *The Annals of Internal Medicine* did an *In the Clinic* continuing medical education course on *Concussion*. The course was instructive and understandable for the most part, as well as, had good tables and “boxed” information that the judo coach, instructor, parent, and athlete may find useful.

There are items in the course that had applications to judo.

- First, discussions are noted about the differences between concussion in adults vs. children. Search the document with “child” and many of

these discussions and differences are found. For example, children with attention deficit-hyperactivity disorder and learning difficulties are at more risk for concussion than adults. In another example, it is noted that children and adolescents have a longer duration of symptoms from a concussion than adults.

- Second, the “Patient Information” handout is very good for both the medically inclined and not so inclined. The article may find use in navigating through the trauma of concussion—trauma not only for the athlete but also for the coach, instructor, and parent.
- Third, and most important to judo, in addition to the obvious blow to the head as a cause for concussion, **it is noted that another mechanism of concussion is from a blow to the body** (search “body”). Without the appearance of a direct trauma/impact to the head, the judo-trained can imagine that a well-executed osoto-gari or tai-otoshi may fit this mechanism. Of course, more effective and frequent ukemi training and practice may attenuate this hazard, adding an element of prevention.^{1,2,3,4}

It is not expected that the lay judo-person will understand everything in the article and achieve the full benefit as someone educated, trained, and experienced in medicine. However, the lay judo-person—educated, trained, and experienced in judo—definitely understands and has authority with regard to ukemi and osoto-gari. The article may guide the lay judo-person, regarding what feedback to expect from the health professional, managing the concussed athlete. The article may provide ideas about what questions to ask health professionals about the concussed athlete.

At this time, the above article(s) are not recommended as a substitute for the

¹ Hitosugi M, Murayama H, Motozawa Y, Ishii K, Ogino M, Koyama K. Biomechanical analysis of acute subdural hematoma resulting from judo. *Biomedical Research (Tokyo)* 35 (5) 339-344, 2014.

https://www.jstage.jst.go.jp/article/biomedres/35/5/35_339/article

² Hashimoto T, Ishii T, Okada N, Itoh M. Impulsive force on the head during performance of typical ukemi techniques following different judo throws. *J Sports Sci.* 2015;33(13):1356-65. doi: 10.1080/02640414.2014.990482.

³ Koshida S, Ishii T, Matsuda T, Hashimoto T. Kinematics of judo breakfall for osoto-gari: Considerations for head injury prevention. *J Sports Sci.* 2017 Jun;35(11):1059-1065. doi: 10.1080/02640414.2016.1210194.

⁴ Koshida S, Ishii T, Matsuda T, Hashimoto T. Biomechanics of judo backward breakfall for different throwing techniques in novice judokas. *Eur J Sport Sci.* 2017 May;17(4):417-424. doi:10.1080/17461391.2016.1268652.

medical concussion course from the CDC, i.e., *Heads Up* course, which is required now. Until further study, discussion, and evaluation, the medical concussion material provided as a courtesy to the SHUFU Yudanshakai may be useful for the coach, instructor, parent, and athlete as a supplement for information purposes.

The journal *Neurology* offers an article on legal and ethical considerations related to concussion. This article may be of interest to the SHUFU Yudanshakai, too, and is recommended for review.

Please note and review the footnotes, which may require judo expertise to best understand in relation to concussion prevention in judo.

Comments are welcomed. Questions are expected. Criticisms are especially appreciated.

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