

KUA PĀNGIA PEA KOE E TE MĀTENGATENGA

Rugby Smart

NEW ZEALAND
RUGBY

ME RAPU ĀWHINA WHITAWHITA MĒNĀ KA RONGO KOE....

- He mamae hou, mamae roa ki tō kaki
- E pōnānā haere ana
- He ruaki tōai

- He hūkeke
- I te karu rewaha
- He ngoikore, he tōiri/wera i ngā ringaringa me ngā waewae

- E moe haere ana koe
- He ānini kino, ka kino haere rānei
- He rerekē ngā whanonga

KEI TE RONGO PEA KOE I TE...

- ānini
- makaro
- pōātinitini
- raru i ngā rama me ngā tangi hoihoi
- ngege
- wareware
- uaua ki te whakaaro, ki te aro rānei
- kaha o ngā kare ā-roto
- āritarita

Me maumahara, ka 48 hāora pea ka puta ngā tohu nei.

I TE 48 HĀORA TUATAHI, KIA KAUA KOE E...

- taraiwa motokā
- inu waipro
- kai whakapōauau
- korikori tinana
- mahi i ngā mahi whakaaro
- whakamahi i ngā mata e puta ai te rama kahurangi, he kino mō te roro
- moe i ngā hāora e whā i muri tonu mai, engari me whakatā

Ki te kino kē atu ngā āhua nei, kia kotahi atu ki te tākuta

KIA TORO ATU KOE KI TE TĀKUTA

E utua katoatia ai tō toro atu, tirohia te rārangi o ngā tākuta i whai wāhi ki te whakmātautau www.rugbysmart.co.nz/research/concussion-management-pathway-pilot

Haria tō kupu whakauru, ka imērahia tēnei ki a koe ina rēhitatia tō mātengatenga

Menā ka hiahia koe ki te toro i tō takuta ake, me pupuri tō rihitī, ā, mā mātou te utu e whakahoki.

E HOKI AI KI TE TĀKARO...

- Me whakaoti i tētahi kōhi Mahere Hoki ki te Tākaro, Ako, me te Mahi ka kitea i rugbysmart.co.nz/injuries/concussion
- Kia whakawāteahia koe e tō tākuta i mua i tō hoki ki ngā whakawai tukituki.

Me 21 rā anō mā ngā tau 19+, ā, me 23 rā anō mā ngā tau 19 heke iho te whakatā i mua tonu i tō hokinga mai ki te tākaro. Ki te māuiui tonu ka roa rawa pea te whakatā.