

## Transcript of interview 1

Doctor: Hi

*Josie: Hi*

You're Josie? Josie Kraus?

I'm Dr Sweeney, I wanted to take a look at you, I understand that you had an accident today?

*Yeh*

Can you tell me what happened?

*I got kicked in the face in a soccer game.*

Ahuh. [pause] Funny, your head doesn't look like a ball

*[Chuckles: huh] yeh*

When was this?

*It was like a couple of hours ago. It was in San Francisco. [inaudible]*

And were you able to play after you were kicked in the face?

*Um, I played for like a half hour and then I collapsed.*

Uhuh. How do you feel right now?

*A little woozy.*

A little woozy?

*Yeh*

Headache?

*Yeh*

OK. Where's your headache?

*About the place where I got kicked in the face. [indicates right side of head/temporal area]*

And that's right over ... I can see it right there. Alright. Good. I'm gonna do is take a little look at you and see if we can figure out what's going on.

The first thing I'd like you to do is look right at my finger. Don't move your head and watch the tip of my finger. [moves finger slowly in a large circle] Good.

Can you feel me touch you here [strokes Josie's left forehead] and here [strokes right forehead] and here [strokes right cheek] and here [strokes left cheek] ...

*Uhuh*

...and here [strokes right chin]

*[nods]*

and here [strokes left chin]?

*[nods]*

can you hear this? [rubs fingers gently together beside Josie's left ear]

*[nods]*

how about this? [rubs fingers gently together beside Josie's right ear]

*Uhuh [nods]*

Close your eyes real tight. *[Josie closes her eyes]* Good. Open your eyes. Grit your teeth *[J grits teeth]* Grit your teeth *[J continues to grit her teeth]*. OK. Stick your tongue out at me *[J sticks her tongue out]*. Excellent.

Right. Can you lift up your shoulders as though you don't know the answer to [hesitates] question. *[J shrugs her shoulders]* OK.

Apparently you don't know the answer to a lot of questions. Perfect.

*[laughs]*

Alright let me just take a little look in your mouth. Open your mouth wide.*[j opens her mouth]* say ah. [Dr examines mouth]

*Ahhhh.*

Good. Now look right in my eyes and I'll look right in yours [Dr examines eyes]. Good. Alright. Hold on. Now...just take a little look in your eyes. [checks instrument]

I want you to look right here at the corner of this ...[indicates a point on the door]  
[examines left eye] Alright, good. Now I'll look in this eye. Same, look right over there please. ... [examines right eye]. Good.

## **Interview 2**

Josie,

*Hi*

Hi there I heard you had an injury, you hurt your head or you were in an accident or ..

*Yeh*

You want to tell me what happened?

*The other day I was playing soccer and I got kicked in the face. Someone in the goal area came out and someone kicked me right around here [indicates right temporal area] and umm... I was fine for a little bit but I got a big bruise and then later in the game I ended up collapsing 'cause like...*

[Nods]

*And I hurt my jaw too.*

Ok. And then what happened when you collapsed, did you lose consciousness or..?

*I think maybe right when it happened I did for like a second.*

OK. As far as like math class you're doing OK you are not having trouble solving problems or...

*Uhuh.*

OK.

Then show me where your jaw is hurting you.

*It's like over here. It hurts when I open it up too far.*

Let me see. OK. Can you just slowly open close it? [feels sides of face over lower jaw]  
Are you feeling any clicking or anything.

No

OK. And your head is hurting right in this area? [indicates right temporal area]

*Yeah*

How long ago did this happen?

*Like, a couple of days ago.*

OK, it's been a couple of days. Sleeping OK, you're not noticing any differences...?

*Um, I get tired but I think it's because I'm taking medicine for my headaches, so..*

OK, so they've got you on some pain medication.

*Uhuh.*

Are you taking it every day or just when your head hurts?

*Just when my head hurts.*

OK and how many times have you had to take it?

*Like, pretty much every day since it happened.*

Ok. So it's important when you've had a concussion to make sure you still are paying attention to some of the signs of concussion. You know, the headache ...

*Uhuh [nods]*

... is one, dizziness, loss of consciousness, any of that ... because it can happen in the, you know, a couple of days later too depending on the swelling...and then also to be real careful if you are still doing soccer or whatever, you know...

*Yeah, they are not letting me play yet.*

OK, 'cause having two concussions real close together can be very dangerous, so we wanna make sure that you are away from that kind of a situation.

OK, alrighty well I'm glad you came in, it was good to talk to you.

*Right.*

Alrighty.

### Interview 3

Can you explain the circumstances surrounding the injury?

*Yeah. I was playing soccer and a girl was coming in for a shot. And I along with another defender from my team went up to try and stop the ball.*

Was the match important?

*It was pretty important, um it wasn't part of our league, it didn't count for anything, but, um [pause] we were playing a number like four seed and we were like number two seed, in the nation, so we were playing for our title.*

How serious was the injury?

*It was pretty bad, I got a concussion and I hurt my jaw, um it was probably one of the worst concussions I have had so far.*

How long have you been playing this sport and what level are you at?

*This is my thirteenth year and um, I'm on a high school varsity team and I also play on another like semi-competitive team.*

Do you blame anyone for the injury?

*Um not really 'cause everyone kind of just goes for the ball, it wasn't really a foul or anything. I don't really remember it, but, um people say it was like my own team mate that kicked me. [smiling] but I don't really blame her, she was just trying to stop the goal.*

How did you feel when you became injured?

*Um, I was really frustrated 'cause later I had to be pulled out of the game. And that's frustrating and also I couldn't eat solid foods for a long time, and I really like to eat so that's [hesitates] that's angering [smiles] not being able to eat what I wanted to.*

Did you know the extent of the injury? [looks concerned]

*Not right away. And um, I thought I just got like bruised but then I found I got concussion and I also hurt my jaw, so I didn't really know.*

Is this the only time you have played through an injury?

*No, I usually play through injuries just 'cause I've never gotten seriously hurt. So it's easy to keep going.*

Um. How did you feel when you played through and did it impact the team and playing through the injury?

*When I played through, like the second half, 'cause I got injured at the end of the first half. The second half I don't really remember and I don't think I got a lot of shots so it wasn't really a problem, but then, um, the first overtime, I got scored on and I think that if I hadn't been hit and like concussed, I would have been able to stop the ball, but since my reaction time was slower, I couldn't get the ball so [voice drops] it was a goal.*

Would you play through the injury again?

*No, I think one of the back up boys may have been able to like focus a little bit more and just um be more ... have a faster reac...reaction time.*

And was there any pressure to continue playing during the injury?

*Not really, since it's school-related and stuff the coaches know that, that you have to be safe and they'd rather play you for the rest of the season than just play you this one game that you'd get hurt even more and be out for the season.*

Did the injury become worse because you played?

*I don't think so, I think um, [pause] I think I was OK because I wasn't running a lot or anything or stuff like that. I was just standing in the goal. But um [pause] I don't think it was like good for it.*

Ahum. Was support provided for you?

*Yeah. Alot um, of the coaches, one of them was a firefighter was trying to get me to lay down and put ice on it but I was more concerned with the rest of the game and with the outcomes... [inaudible]*

So how have you coped with the injury and the recovery process and everything?

*Um. It was frustrating while it was going on and it's still kind of frustrating because I still get headaches and it was like two weeks ago, but [hesitates] it's just part of getting kicked, it's just part of, part of the process um...*

Were there any other strategies you used to recover?

*I took medicine like anti-inflammatory... anti-inflammatories [pause] and um that's new for me, I also gave myself alot of rest and time to recover.*

Is there anything that you wouldn't consider er.. using or doing to recover?

*I wouldn't take a ton of time off 'cause doctors usually tell you to take like three weeks off when you probably only need like one and I wouldn't take um a lot of medicine [voice drops] 'cause I don't like taking medicines.*

Have you fully recovered and has it affected your performance?

*Um. I wouldn't say I have fully recovered I still get headaches but I don't think it's really affected my performance. The first game I played back I was a little [pause] out of shape just 'cause I hadn't practiced in a while, but um we did fine so...*

Would you have done anything differently maybe sought out advice or used a different strategy?

*Um. I probably would have tried to get like more support 'cause I was so frustrated when I couldn't eat and I was like always hungry, but, um, [voice drops] not really.*

What would you do in order to keep playing soccer?

*Um, I'd probably play through with another injury and like [pause] um risk it hurting in the long run just so I could keep playing now.*

And what would you do if you couldn't fully return to playing soccer?

*I don't really know just it 'cause it would be really frustrating, like, I really like to play soccer. [swallows] But um, I'd probably coach a team or something, try to stay involved.*

OK. Thank you.