

Concussions

The Facts



- A concussion is a brain injury
- All concussions are serious
- Most concussions occur without loss of consciousness
- Concussions can occur in any sport or recreation activity
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.

A bump, blow, or jolt to the head can cause a concussion, a type of traumatic brain injury (TBI). Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

During sports and recreation activities, concussions may result from a fall or from players colliding with each other, the ground, or with obstacles, such as a goalpost. The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity, as well as outside sports from events such as a motor vehicle crash.

Sometimes people do not recognize that a bump, blow, or jolt to the head or body can cause a concussion. As a result, athletes may not receive medical attention at the time of the injury, but they may later report symptoms such as a

headache, dizziness, or difficulty remembering or concentrating. These symptoms can be a sign of a concussion.