



Concussions

Part I – The Facts



What is a concussion?

A concussion is a type of traumatic brain injury. Concussions are caused by a blow or contact made to the head or another part of the body that causes the head and brain to move quickly back and forth. This sudden movement can cause stretching and tearing of brain cells, causing brain damage.

- A concussion is a **brain injury**.
- All concussions are **serious**.
- You can't see a concussion and they can occur **without** loss of consciousness.
- Recognition and proper response can help aid recovery and prevent further injury.

Who is at risk?

- Concussions can occur in ANY sport or recreational activity.
- Children and adolescents are among those at greatest risk for concussion.
- Concussions are mostly likely to occur during a contact sport, PE class or on the playground but can happen anytime someone's head comes into contact with a hard object, i.e.: floor, desk, door, another head/body part.

Alarming stats

- 3.8 million concussions are reported each year
- High school athletes sustain an estimated 300,000 concussions per year
- 5-10% of athletes will experience a concussion in any given sports season
- Fewer than 10% of sport related concussions involve a loss of consciousness
- An estimated 47% of athletes do not report feeling any symptoms after a concussive blow, so often they continue to play with a concussion
- 32% of high school football players sustained a concussion but only 10% were tested for a concussion

For more information or materials on concussion prevention, signs & symptoms, or parent/coach/teacher checklists stop by or give us a call!

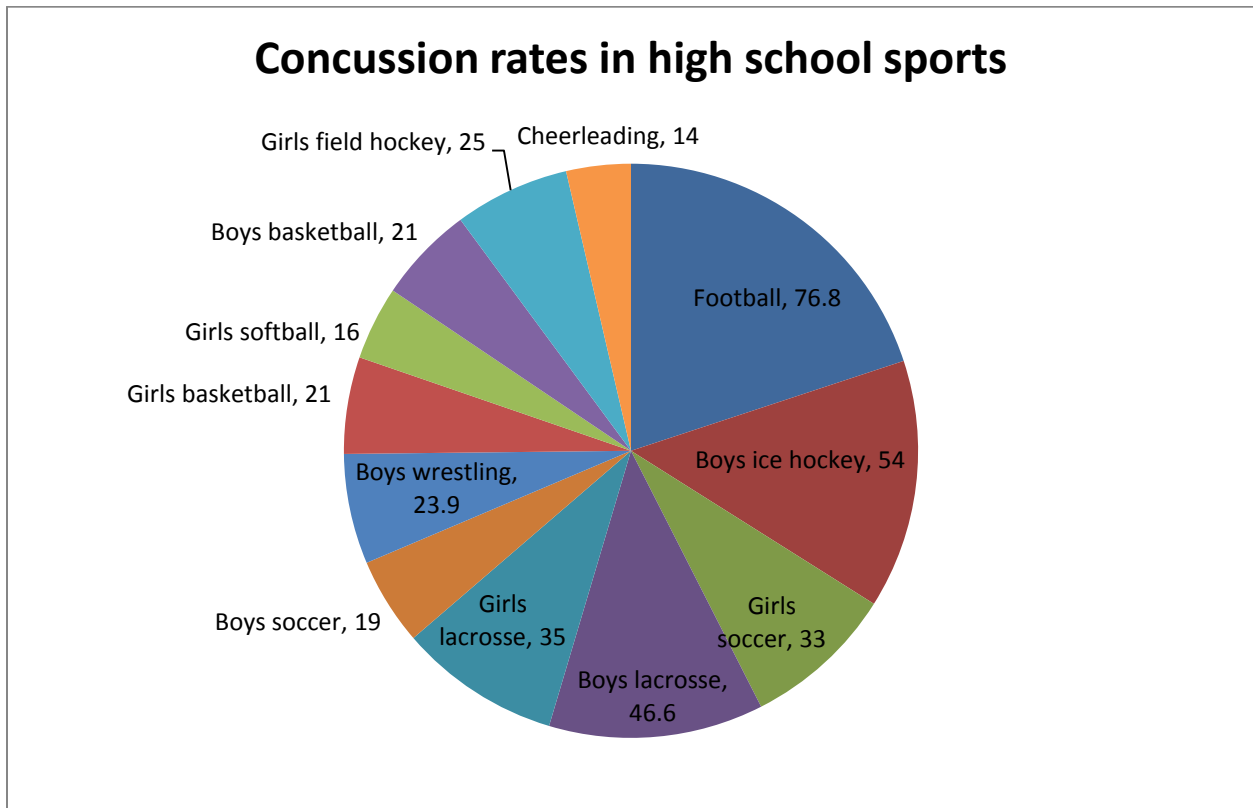
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The current rates per 100,000 athletic exposures (an AE is one athlete participating in one organized high school athletic practice or game, regardless of the amount of time played).

For educational materials, posters, stickers and more stop by our office and/or visit www.cdc.gov/Concussion for more information.