



HeadFirst[®]
SPORTS INJURY AND CONCUSSION CARE

BRAIN INJURY AWARENESS MONTH

— WEDNESDAY, MARCH 18 IS BRAIN INJURY AWARENESS DAY —

how a concussion happens

Concussions are also called mild Traumatic Brain Injuries (mTBI)

HEALTHY BRAIN

Wired for Thought
The brain is like an integrated circuit board of memory and processing.

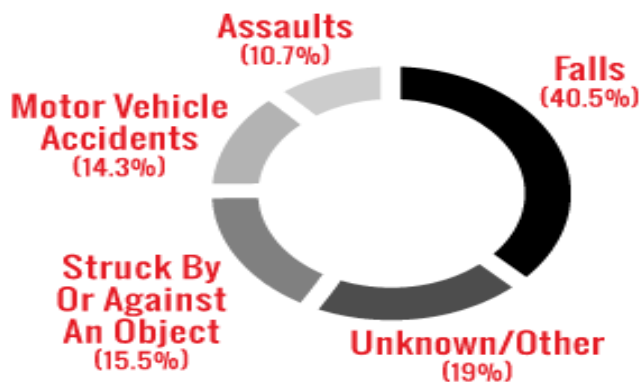


INJURED BRAIN

Broken Circuits
On impact, the brain moves inside the skull. The circuits stretch or break, causing the brain to function abnormally.



causes of brain injuries



48 HOURS

the time it may take for concussion symptoms to appear



1.7M

(that's 22 percent) of active athletes sustain a concussion every year

concussion MYTHS VS TRUTHS



Only athletes get concussions

TRUTH:
Concussions can happen to anyone, anytime, anywhere



Your concussion is gone when headaches subside

TRUTH:
Emotional and cognitive symptoms may linger after physical pain eases; always seek medical help



Concussions happen only with a loss of consciousness

TRUTH:
Loss of consciousness occurs in less than 10% of all concussions



Helmets, mouth guards and headbands prevent concussions

TRUTH:
No type of external protection can prevent your brain from moving against the inside of your skull