CONCUSSIONS

Sports with the highest rate of competition concussion injury:

01 FOOTBALL
02 MEN’S LACROSSE
03 WOMEN’S ICE HOCKEY
04 MEN’S ICE HOCKEY
05 WOMEN’S SOCCER
06 WRESTLING
07 MEN’S SOCCER
08 WOMEN’S LACROSSE
09 WOMEN’S FIELD HOCKEY
10 WOMEN’S BASKETBALL

Underreporting

69% OF YOUNG ATHLETES REPORTED PLAYING WITH SYMPTOMS OF A CONCUSSION.
50% OF YOUNG ATHLETES DID NOT REPORT POTENTIAL SPORT-RELATED CONCUSSION WHEN THEY EXPERIENCED A BLOW TO THE HEAD.

Underreporting is Dangerous!

ATHLETES ARE AT A 7X GREATER RISK FOR ANOTHER CONCUSSION.

BOTH STUDENT-ATHLETE AND COACH CAN IDENTIFY AND REPORT SIGNS AND SYMPTOMS OF A CONCUSSION.

YES! PLAYING WITH A CONCUSSION IS DANGEROUS AND CAN LEAD TO A LOSS OF YOUR SEASON.

A few ways a concussion can negatively affect the student-athlete:

PHYSICAL
- Headache, Nausea, Balance problems, Sensitivity to light

COGNITIVE
- Difficulty concentrating, and remembering, Confusion

EMOTIONAL
- Irritable, Sad, More emotional

Ignoring symptoms delays brain injury recovery, increasing the risk for another concussion.


DOES AN INJURED BRAIN NEED TIME TO RECOVER?