



# CONCUSSIONS

## GENERAL INFORMATION & FACT SHEET

### WHAT IS A CONCUSSION?

- A traumatic brain injury (TBI) that is caused by a bump, blow or jolt to the head.
- When your brain moves back and forth from a blow, your brain may not function properly.
- A concussion can cause changes in your behavior, thinking, and physical functioning.

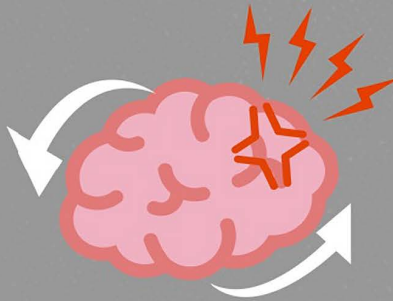
### HOW DOES A CONCUSSION HAPPEN?

1.



Jeff takes an incoming blow to the head from a soccer ball. The blow caused a concussion.

2.



Jeff's brain rapidly moves inside his head, and his brain may function differently than it did before the incident.

3.



Jeff now has a headache, feels confused, and can't play soccer until he's fully recovered.

### HOW BIG IS THE PROBLEM?

# 1 in 5

high school athletes will suffer from a sports-related concussion

In 2013, more than

# 4,400



MA students suffered from concussions or other head injuries while playing sports



Having one or multiple concussions increases your chances of having damage to the brain and spinal cord

# More than 90%

of most diagnosed concussions do not involve a loss of consciousness



The sports with highest concussion rates are:



Football



Wrestling



Ice Hockey



Basketball



Soccer



Softball

### WHEN CAN ATHLETES RETURN TO PLAY AFTER A CONCUSSION?

- 5 steps to help athletes return to play •

#### Baseline: No Symptoms

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury, and their doctor says it's safe to start the return to play process.

#### Step 1: Light aerobic activity

Begin with light aerobic exercise to increase an athlete's heart rate. Exercise includes walking or light jogging for only 5 to 10 minutes.

#### Step 2: Moderate activity

Continue with activities to increase an athlete's heart rate such as moderate jogging, brief running, or moderate-intensity stationary biking.

#### Step 3: Heavy, non-contact activity

Add heavy non-contact physical activity, such as high-intensity stationary biking, sprinting, or running.

#### Step 4: Practice & full contact

Young athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

#### Step 5: Competition

Young athlete may return to competition.