

Concussion

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Fact Sheet

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Background Information: Concussions are mild traumatic brain injuries (mTBI) caused by a sudden blow or force applied directly or indirectly to the head resulting in disturbance in brain function.¹ Concussion can lead to a myriad of symptoms including somatic complaints (headache, light and sound sensitivity), cognitive changes (reduced concentration or memory, slowed processing), vestibular problems (dizziness and balance impairment) as well as behavioral/emotional complaints (sleep disruption, anxiety, irritability).¹

Frequently, symptoms will resolve spontaneously over the course of days or weeks, but for those who experience persistent physical complaints, physical therapists are a key provider to assist those recovering from concussion.

Epidemiology/Statistics: Each year people with brain injuries account for 2.2 ED visits, 280,000 hospitalizations, 50,000 deaths. Males sustain concussion 2-5x more frequently. 40% of concussion are sport-related. Non-sports related concussion are caused most frequently by falls, car crashes and assaults.¹