

Concussion

FACTS & FICTION



What is a concussion?

A concussion, or mild TBI, is a brain injury that occurs when force is transmitted to the brain causing it to move quickly within the skull.

❌ FICTION

✅ FACT

Seriousness

Concussions are not a serious condition and they will get better on their own

Concussions are a serious condition. Research shows that seeing a concussion care specialist the first few days post injury shortens time to recover

Cause

A concussion happens only with a blow to the head

A direct blow to the head or blow to the body that results in force transmitted to the head can cause a concussion

Signs and Symptoms

You must lose consciousness (or black out) to have a concussion

Memory issues, appearing dazed, mood changes, headache, nausea, and blurred vision are signs of concussion

Rest

Concussion patients should be awakened every few hours after injury

After being stable for 4-6 hours, concussion patients should rest for the first 24-48 hours and maintain normal sleep schedules

Social Interaction

Concussion patients should avoid all cell phone, tablet, and computer use during recovery

Concussion patients are permitted to use technology in moderation to maintain social interactions

Return to Learn

Concussion patients should not attend school until symptoms resolve

Concussion patients may participate in school as long as symptoms do not worsen during learning activities

Physical Activity

Physical activity should not be allowed following concussion until symptoms resolve

Light physical activity as tolerated is recommended after the initial rest period following concussion