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

- Assaults (10.7%)
- Falls (40.5%)
- Motor Vehicle Accidents (14.3%)
- Struck By Or Against An Object (15.5%)
- Unknown/Other (19%)

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

Sources: Centers for Disease Control and Prevention (CDC), The Children’s Hospital of Philadelphia