

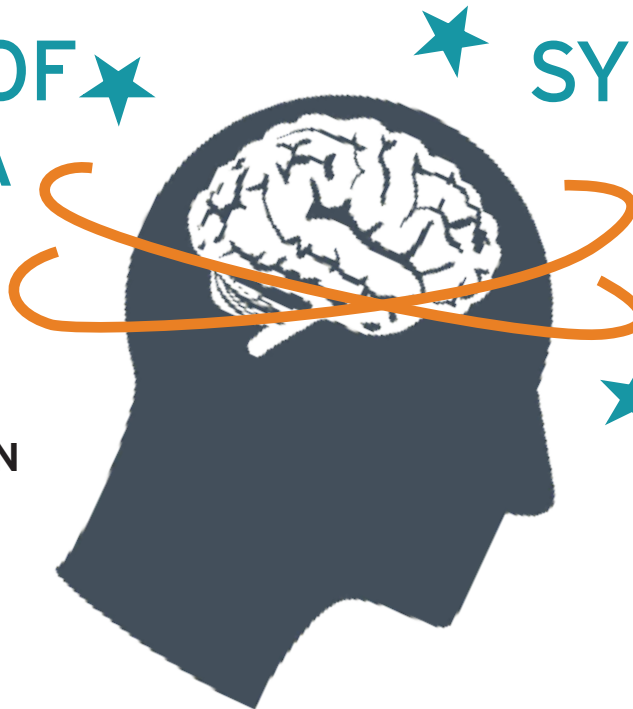
THE TRUTH ABOUT CONCUSSION

A concussion is a mild traumatic brain injury (mTBI).
Most concussions occur without losing consciousness.

EFFECTS OF TRAUMA

Trauma can cause
vestibular dysfunction

- DIZZINESS
- VERTIGO
- BLURRED VISION
- IMBALANCE
- FATIGUE
- FALLS



SYMPTOMS

THINKING

Difficulty concentrating,
memory

EMOTIONAL

Irritability,
sadness

PHYSICAL

Headache,
dizziness

SLEEP

More/less than usual

COMMON CAUSES

FALLS: 41%
STRUCK BY/AGAINST: 15%
TRAFFIC ACCIDENT: 14%

ASSAULT: 11%
OTHER: 19%

Next Steps



1. Stop sport/activity
When in doubt,
sit it out



2. Seek
medical
evaluation

What should I do?

For more information, visit:

vestibular.org

VEDA