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