



A Concussion is a Brain Injury

Get the Facts.

A concussion is a brain injury. Student athletes, parents and coaches of every school athletic team and every extracurricular athletic activity should be trained to recognize the signs and symptoms of brain injury, including concussions and second impact syndrome.



The facts

- A concussion is a brain injury.
- Most concussions occur without a loss of consciousness.
- Recognition and proper response to concussions when they first occur can help prevent further injury or even death.
- Athletes who have ever had a concussion are at increased risk for another concussion.
- Children and teens are more likely to get a concussion and take longer to recover than adults.
- Lack of proper diagnosis and management of concussion may result in serious long-term consequences, or risk of coma or death.

Sports and Concussions

- For males, the leading cause of high school sports concussion is football; for females, the leading cause of high school sports concussion is soccer.
- Among children and youth ages 5-18 years, the five leading sports or recreational activities which account for concussions include bicycling, football, basketball, playground activities and soccer.
- A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days or weeks)—reportedly can result in brain swelling, permanent brain damage and even death. This condition is called second impact syndrome.

What causes a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow or jolt to the head. A concussion can also occur from a blow to the body that causes the head to move rapidly back and forth. They can range from mild to severe and can disrupt the way the brain normally works. Even a "ding" or a bump on the head can be serious and result in a long-term or lifelong disability.