

## Facts on Concussions and TBIs

- According to CDC estimates, 1.6-3.8 million sports and recreation related concussions occur each year in the United States
- 10% of all contact sport athletes sustain concussions yearly
- Brain injuries cause more deaths than any other sports injury. In football, brain injuries account for 65% to 95% of all fatalities. Football injuries associated with the brain occur at the rate of one in every 5.5 games. In any given season, 10% of all college players and 20% of all high school players sustain brain injuries.
- 87% of professional boxers have sustained a brain injury.
- 5% of soccer players sustain brain injuries as a result of their sport.
- The head is involved in more baseball injuries than any other body part. Almost half of the injuries involve a child's head, face, mouth, or eyes.
- An athlete who sustains a concussion is 4-6 times more likely to sustain a second concussion.
- Three concussions equate to a traumatic brain injury (TBI)
- Effects of concussion are cumulative in athletes who return to play prior to complete recovery.
- Up to 86% of athletes that suffer a concussion will experience Post-Traumatic Migraine or some other type of headache pain. Recent evidence indicates that presence and severity of headache symptoms may be a significant indicator of severity of head injury and help guide return to play decisions.
- 1.5 million Americans suffer from TBIs
- A TBI occurs in every 15 seconds.
- TBIs are the number one cause of death in children and young adults
- Fewer than 1 in 20 will obtain the knowledge necessary to identify

### **How many sports concussions occur each year?**

An estimated 1.6-3.8 million

### **What sports have the most reported concussions?**

Organized high school sports- concussions occur more often in competitive sports, with football accounting for more than 60%.

The leading cause of high school sport concussions in males is football and soccer for females.

Among children and youth, ages 5-18 years, the top five sports or recreational activities for concussions are bicycling, football, basketball, soccer, and playground activities.

### **What is known about sports concussion risk and recovery?**

High school athletes' recover times for sports concussion are longer than college athletes.

High school athletes that sustain a concussion are three times more likely to sustain a second one.

Lack of proper diagnosis and management of a concussion may result in long-term consequences, with risks of coma or death.

### **What should you do if you think you or your child has/had a concussion?**

Seek immediate medical attention.

Your medical team (medical doctors, speech language pathologist, physical therapist, etc.) will decide when it is safe to return to sports.

Do NOT return to the sport with a known or suspected concussion until evaluated and cleared by your medical team.

A second concussion that occurs before recovering from the first can be very serious.

Always disclose any recent concussions to your or your child's coach.

*Brain injury research institute.* (n.d.). Protectthebrain.Org. Retrieved December 28, 2023, from

<http://www.protectthebrain.org/Brain-Injury-Research/What-is-a-Concussion-.aspx>