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

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**COMMON CAUSES**

FALLS: 41%
STRUCK BY/AGAINST: 15%
TRAFFIC ACCIDENT: 14%
ASSAULT: 11%
OTHER: 19%

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**Next Steps**

STOP
1. Stop sport/activity When in doubt, sit it out
2. Seek medical evaluation

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What should I do?

For more information, visit: vestibular.org