

# CONCUSSIONS

## MYTHS VS. FACTS

**MYTH** You should not treat the headache from concussion with any medications because you might mask some symptoms.

**FACT** Over the counter pain relievers, as ordered by the physician, are fine to use. At times prescription medicine may be needed.

**MYTH** You need to wake someone up every 2-3 hours who has sustained a concussion.

**FACT** Drowsiness and fatigue are common symptoms of a concussion. Rest and sleep play a key roll in aiding resolution of symptoms.

**MYTH** Children and adults recover at the same rate.

**FACT** Children and teenagers actually recover more slowly due to their developing brain. In addition it has been shown that more complications can arise in this age group.

**MYTH** You have to lose consciousness in order to sustain a concussion.

**FACT** Loss of consciousness is not the only sign of a concussion. Approximately only 10% of concussions involve loss of consciousness.

**MYTH** A concussion is not a brain injury.

**FACT** A concussion is a mild traumatic brain injury, or mTBI.

**MYTH** Male and female athletes have the same rate and chance of sustaining a concussion.

**FACT** Female athletes have a higher rate of concussions than their male counterparts in studies. Possible explanations for this are that female athletes are more open to report concussion and there are gender differences in anatomy and physiology.



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**MYTH** There are no long term effects of having a concussion.

**FACT** Memory and emotion can be problematic for some time and a concussion that is not properly treated to start, can lead to post-concussion syndrome.

**MYTH** A direct blow to the head is needed in order for someone to sustain a concussion.

**FACT** Concussions can occur with any movement or jostling of the head as in whiplash injuries (front to back) or rotational force (side to side).

**MYTH** Injury to the brain only occurs at the initial impact.

**FACT** Traumatic brain injury is an evolving process at the microscopic level of the brain. Chemical and metabolic changes can occur for days, weeks to months after impact. It is important to prevent any additional concussions and avoid a second impact syndrome during this time period.

**MYTH** Helmets and other equipment will prevent concussions.

**FACT** No equipment can completely protect from concussion. Concussion/mild traumatic brain injury can be caused by straight-on impact, rotation with impact, whip-lash without impact and sideways impact. Headgear, mouth guards and other protective devices may lower the risk, but no equipment can prevent a concussion.

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Resources:

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<https://www.cdc.gov/headsup/basics/index.html>. Published 2015. Accessed November 9, 2016.

Myths vs. Facts. The University Of Kansas Hospital.

<http://www.kumed.com/medical-services/concussion-management/myths-facts>. Accessed November 09, 2016.

5 Myths About Concussions | Carrick Brain Centers. Cerebrum Health.

<http://www.cerebrum.com/cms/5-myths-about-concussions-2/>. Published 2016. Accessed November 9, 2016.