

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.