

# Sports Concussions



**Concussion** is a mild brain injury caused by a blow to the head or body that causes the brain to move rapidly inside the skull.



**Second Impact Syndrome** occurs when an athlete suffers a second concussion before symptoms from the first concussion have fully cleared. This can lead to severe brain injury or even death.

## Did you know?

- Concussions can happen in any sport.
- About 60,000 concussions occur in high school athletics yearly.
- Concussion can occur with or without loss of consciousness.
- Girls sustain 68 percent more concussions than boys.
- Multiple concussions can have cumulative and long lasting life changes.



**BIA-MA**  
Brain Injury Association  
of Massachusetts

30 Lyman Street, Suite 10  
Westborough, MA 01581  
800-242-0030

[www.biama.org](http://www.biama.org)

# Sports Concussions

## Know the Signs & Symptoms!

- Nausea, vomiting
- Dizziness and balance problems
- Headache
- Blurred or double vision
- Confusion, disorientation
- Trouble concentrating, memory problems
- Feeling tired, sluggish



## If you suspect a concussion:

**Seek medical attention right away.** A medical professional can tell if you have a concussion and when it is safe to return to sports.

**Hold off returning to play.** Concussions take time to heal. Athletes who return to play too soon risk a second concussion and possible permanent brain damage.

**Communicate with the coaches and school.** Teachers, coaches and school nurses should be made aware of an athlete's injury.

**Get help.** Call BIA-MA at 1-800-242-0030 for support and referrals to professionals and physicians specializing in concussion.

[www.biama.org](http://www.biama.org)