

Concussion Cautions

Each year, about **1.7 million** American's sustain a traumatic brain injury. About 75% of these are concussions or other mild forms of TBI, according to the Centers for Disease Control and Prevention.

21% of those TBI's occur from a sports or recreational activity injury. During the Spring and Summer months it is important to remember these statistics.

LEADING CAUSES OF TBI:

35%
Falls

17%
Car accidents

16.5%
Struck by/against

HIGHEST RISK AGE GROUPS:

Children age 0 to 4

Teens age 15-19

Adults 65+



Concussion symptoms usually fall into four categories:

Cognitive Physical Emotional Sleep

Symptoms may appear right away or up to weeks after the injury. So if you think you or someone you know has experienced a concussion, seek **immediate** medical attention.