

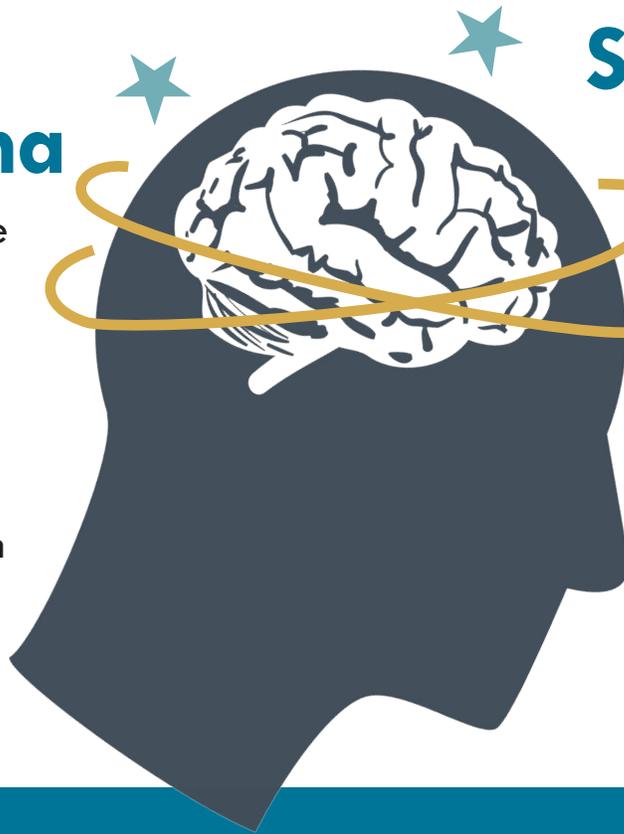
THE TRUTH ABOUT CONCUSSION

*A concussion is a mild traumatic brain injury (mTBI).
Most concussions occur without losing consciousness.*

Effects of trauma

Trauma can cause
**vestibular
dysfunction**

- Ongoing dizziness
- Vertigo
- Blurred vision
- Imbalance
- Fatigue
- Falls



Symptoms

Thinking

Difficulty concentrating,
memory

Emotional

Irritability,
sadness

Physical

Headache,
dizziness

Sleep

More/less than usual

Common causes

Falls: 41%
Struck by/against: 15%
Traffic accident: 14%

Assault: 11%
Other: 19%

Next steps



1. Stop sport/activity
When in doubt,
sit it out



2. Seek
medical
evaluation

What should I do?

For more information, visit:

vestibular.org



VESTIBULAR
DISORDERS ASSOCIATION