

Definition of a Concussion:

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination.

Concussions are common, particularly if you play a contact sport, such as football. But every concussion injures your brain to some extent. This injury needs time and rest to heal properly. Most concussive traumatic brain injuries are mild, and people usually fully recover.

What is a Concussion?

Symptoms of a mild concussion can include:

- Acting somewhat confused, feeling unable to concentrate, or not thinking clearly
- Being drowsy, hard to wake up, or similar changes
- Headache
- Loss of Consciousness for a fairly short period of time
- Memory loss amnesia of events before the injury or right after
- Nausea and vomiting
- Seeing flashing lights
- Feeling like you have “lost time”

The following are emergency symptoms of a more severe head injury or concussion. Seek medical care right away if there are:

- Changes in alertness and consciousness
- Confusion
- Seizures
- Muscle weakness on one or both sides
- Pupils of the eyes that are not equal in size
- Unusual eye movements
- Repeated vomiting
- Walking or balance problems
- Unconsciousness for a longer period of time or that continues (coma)