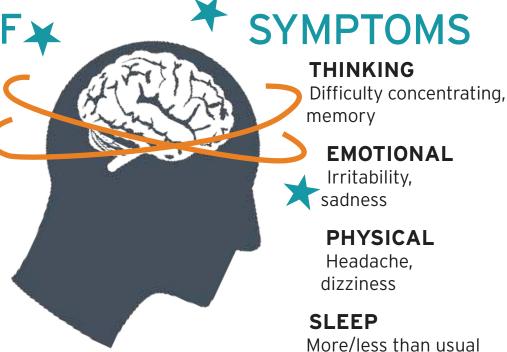
## THE TRUTH ABOUT CONCUSSION

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

EFFECTS OF \*
TRAUMA ~

Trauma can cause vestibular dysfunction

- DIZZINESS
- VERTIGO
- BLURRED VISION
- IMBALANCE
- FATIGUE
- FALLS



## 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

