Sports Concussion - Fact Sheet

- An estimated 300,000 cases of sports-related brain injury occurs annually.
- About 60,000 concussions occur in high school athletics.
- Concussions do not always result in unconsciousness.
- One in every ten athletes who play contact sports suffers a concussion or mild brain injury each season.
- Girls playing high school soccer sustain concussions 68 percent more often than boys do.
- Second impact syndrome occurs when an individual experiences a second concussion less than two weeks after the first injury. This is extremely dangerous and can cause brain damage and death in some instances.
- Changes in brain function due to a concussion can last 10 days or longer.
- A second blow to the head during this recovery time increases the risk of permanent brain damage.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.
- Helmets can reduce head injuries by 85 percent.
- Properly used and fitted equipment prevent concussions and brain injury

Although a concussion can occur in any sport, contact sports create a greater risk:

- Football: In any given season, 10 percent of all college football players and 20 percent of all high school players sustain concussions and mild brain injuries.
- Football: Brain injury accounts for approximately 75 percent of all football fatalities.
- Hockey: 42%f of all injuries are to the head and face
- Soccer: Approximately 5 percent of soccer players sustain a brain injury as a result of a head-to-head contact, fall or being struck on the head by the ball
- Biking: Helmets can reduce head injuries by 85 percent
- Skiing accidents: 17,500 head injuries are treated in U.S. emergency rooms. Almost half of the injuries could have be prevented or reduced by using helmets.
- Cheerleading: Emergency room visits have increased five-fold over the past 20 years. In 2001, there were 25,000 hospital visits for cheerleading injuries to the ankle, shoulder, head and neck.

#