

Concussions: Common Myths Debunked

MYTH

You have to have loss of consciousness to have sustained a concussion.

FACT

Studies have shown that less than 10 percent of concussions result in loss of consciousness.

MYTH

Concussions are only a result of a direct blow to the head.

FACT

A concussion can be sustained by a sudden, violent movement of the head caused by an unexpected external force to the body.

MYTH

You need to wake someone with a concussion every 20 minutes.

FACT

You only need to check on an athlete with a concussion periodically.

MYTH

There is a grading scale for concussions based on severity.

FACT

There are NO grading scales for concussions. Each case is evaluated individually.

MYTH

There are a set number of concussions an athlete can sustain before they are disqualified from a sport.

FACT

At this time, there is no set number in place disqualifying athletes from participation, but caution is recommended.

