

DEBUNKING

CONCUSSION MYTHS

AND WHY THE DARK ROOM APPROACH IS A FLOP.



It's time to debunk the most common concussion myths.

Myth #1

"SPORTS INJURIES ARE THE MAIN CAUSE OF CONCUSSIONS."

FACT: Falls are the #1 cause of concussions. Concussions happen after an impact to your head or after a whiplash-type injury.

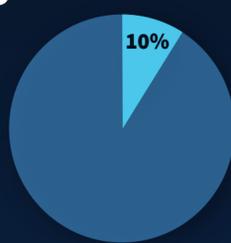


Myth #2

"YOU ALWAYS LOSE CONSCIOUSNESS WHEN YOU GET A CONCUSSION."

FACT: More than 90% of diagnosed concussions occur without a loss of consciousness. Pay attention to less obvious signs of a concussion, like confusion and dizziness.

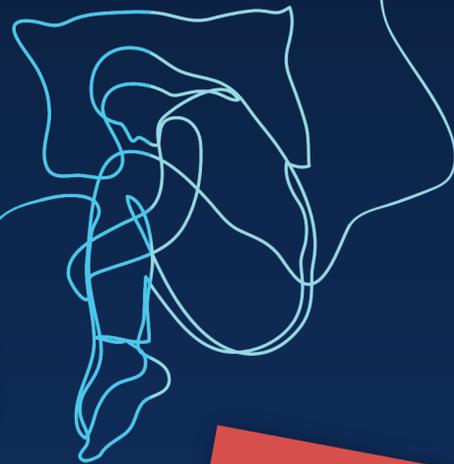
LOSS OF CONSCIOUSNESS



Myth #3

"YOU SHOULD NEVER SLEEP AFTER A CONCUSSION."

FACT: Sleep can help your brain get the rest it needs after a concussion, especially in the first 24-48 hours. As long as you're stable, you can sleep.



24 - 48 hs

Myth #4

"YOU MUST REST IN A DARK ROOM TO RECOVER FROM A CONCUSSION."

FACT: Long periods of rest after a concussion may not help recovery. A brief period of rest, about 24-48 hours, is enough. Gradual return to activity and active rehabilitation are effective ways to treat a concussion after that.

Myth #5

"IT TAKES MONTHS TO RECOVER FROM A CONCUSSION."

FACT: 80% of people diagnosed with a concussion recover in 3 weeks or less. The best way to ensure a proper recovery is to seek professional treatment.

3+ WEEKS

20%

3 WEEKS OR LESS

80%



What can I do?

TAKE A BASELINE TEST.

Concussions can't be prevented. Take your baseline test and be prepared in case of a concussion.



[BaselineTesting.com](https://www.baseline-testing.com)

REFERENCES

<https://bjsm.bmj.com/content/51/11/838>
<https://www.ncbi.nlm.nih.gov/pubmed/16462481>
https://www.cdc.gov/traumaticbraininjury/get_the_facts.html
https://journals.lww.com/headtraumarehab/Abstract/publishahead/A_Review_of_Smartphone_Applications_for_Persons.99481.aspx

ImPACT
BASELINE TEST