

Mythbusters

✘ MYTH:

Helmets prevent concussions.

✔ FACT:

While current helmet designs are effective for preventing skull fracture and some more serious brain injuries, they have not been shown to be effective at preventing concussions.

✘ MYTH:

Children bounce back easier than adults.

✔ FACT:

Children, especially adolescents and young teenagers, may require longer recovery times and a more careful treatment than adults.

✘ MYTH:

If your child didn't lose consciousness, he/she doesn't have a concussion.

✔ FACT:

Concussions can occur even when a child does not lose consciousness. Only 10-20 percent of children with concussions report being "knocked out".

✘ MYTH:

You need a brain imaging test to diagnose a concussion.

✔ FACT:

Concussions affect brain function, not structure. A concussion can't be seen on a CT scan or MRI (an image of the structure of the brain).

✘ MYTH:

A child with a diagnosed concussion should be woken every couple of hours.

✔ FACT:

As long as a doctor has ruled out more serious injuries, a child diagnosed with a concussion can sleep as much as he/she needs.

✘ MYTH:

Just play through the pain!

✔ FACT:

There is no gain from pain. You can delay recovery substantially or even cause longer-term consequences by continuing to play. Early on, your body needs to divert all its energy to the injured brain for healing. Stay out of the game and take proper care of a concussion for the quickest route back to 100%.