

# 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.



14%  
VEHICLE CRASH

15%  
HIT BY OBJECT

47%  
FALL

### 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

10%

### 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

#### 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://www.cdc.gov/traumaticbraininjury/get_the_facts.html)  
[https://journals.lww.com/headtraumarehab/Abstract/publishahead/A\\_Review\\_of\\_Smartphone\\_Applications\\_for\\_Persons.99481.aspx](https://journals.lww.com/headtraumarehab/Abstract/publishahead/A_Review_of_Smartphone_Applications_for_Persons.99481.aspx)

**ImPACT**  
BASELINE TEST