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 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.

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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.

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