

Concussion Myths

Concussions are a hot topic in sports and recreation, and researchers are hard at work trying to learn more about this injury. While we've known about concussions for a long time, there is still a lot about this common injury that we don't know or understand. A few myths, however, have been debunked.

Myth #1: You must lose consciousness to get a concussion.

This is simply not true. Many people sustain concussions without ever losing consciousness. There is not even a correlation between losing consciousness and the severity of a concussion.

Myth #2: Wearing a helmet will prevent a concussion.

Helmets are important pieces of safety equipment. They protect the head from direct blows, reducing the incidence of skull fractures. One thing they can't do though, is prevent a concussion.

Myth #3: Wearing a mouth guard will prevent a concussion.

As with helmets, mouth guards are important safety equipment, and they protect the teeth from being chipped, broken, or knocked out. But no mouth guard can prevent a concussion.

Myth #4: You must be hit in the head to get a concussion.

Whiplash motions or significant blows to the body can cause the brain to spin or jostle inside the skull, causing a concussion.

Myth #5: An MRI or CT scan is needed to diagnose a concussion.

MRI's and CT scans can show tumors, swelling, or bleeding in the brain, but concussions can't be "seen".

Myth #6: A concussed athlete should be woken up throughout the night.

Fatigue and drowsiness are common symptoms of concussion. An athlete with a concussion should be allowed to sleep uninterrupted.

Myth #7: There is such a thing as "getting your bell rung".

Even if concussion symptoms resolve within a few minutes, it is still considered a concussion.

Myth #8: Children and adults have similar healing times following a concussion.

The still-developing brain of children and adolescents tends to take longer to recover from a concussion.