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# Facts and Myths of Concussion

## Facts:

- Concussions are a traumatic brain injury
- All concussions are serious
- The majority of concussions occur without loss of consciousness
- Concussions can occur in any sport
- The majority of concussions are not sport-related and most occur as a result of a fall
- Concussions can occur while wearing a helmet or other head-protective device
- Some individuals may not report their symptoms for fear of losing playing time or their role on the team
- Proper identification and management when they first occur helps prevent further injury or death.

# Myths

- **Myth: Sports injuries are the leading cause of concussion**
  - **Fact: Falls are the #1 cause of concussion**
- **Myth: Concussions always result in a loss of consciousness**
  - **Fact: More than 90% of concussions occur without loss of consciousness**
- **Myth: You should never sleep after a concussion**
  - **Fact: Sleep can help your brain heal after concussion, it is important to get rest, especially the first 24-48 hours. As long as you are stable, you can sleep**
- **Myth: You should rest in a dark room to recovery 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: 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**

**It is important that you are evaluated and treated by a Healthcare Professional who is specialized in the assessment and treatment of concussion care.**

**Need help or have questions? Contact us today at 605-215-8890  
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