

# Reducing the Risk of Concussions and Traumatic Brain Injury in Sports Activities



**BRAIN INJURY PREVENTION, SAFETY TIPS, SYMPTOMS AND REACTION STEPS: Reducing Risk of Concussions and Traumatic Brain Injury in Sports Activities | Brain ... with Safety Rehabilitation and Home Care)** by Leon Edward

★★★★★ 5 out of 5

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Concussions and traumatic brain injuries (TBIs) are a major concern for athletes of all ages. In the United States, an estimated 1.6 million concussions occur in sports and recreational activities each year. Concussions can have a significant impact on an athlete's health, both in the short-term and the long-term.

Short-term effects of a concussion can include:

\* Headache \* Nausea \* Vomiting \* Dizziness \* Balance problems \* Memory problems \* Difficulty concentrating \* Mood changes \* Sleep problems

Long-term effects of a concussion can include:

\* Chronic headaches \* Memory problems \* Difficulty concentrating \* Mood changes \* Sleep problems \* Increased risk of depression and anxiety \* Increased risk of dementia

TBIs are even more serious than concussions. TBIs can cause permanent brain damage and even death.

The good news is that there are a number of things that athletes can do to reduce their risk of concussions and TBIs. These include:

\* Wearing a helmet \* Playing on a safe surface \* Learning proper tackling techniques \* Avoiding head-to-head contact \* Getting regular exercise

### **Wearing a Helmet**

Wearing a helmet is one of the most effective ways to reduce the risk of a concussion or TBI. Helmets can protect the head from impact and can help to absorb some of the force of a blow.

All athletes should wear a helmet when participating in sports activities that involve a risk of head injury. This includes sports such as football, hockey, baseball, softball, soccer, and lacrosse.

When choosing a helmet, it is important to select one that fits properly and is approved by a safety organization such as the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

### **Playing on a Safe Surface**

Playing on a safe surface can also help to reduce the risk of a concussion or TBI. Hard surfaces, such as concrete or asphalt, can increase the risk of head injury. Soft surfaces, such as grass or turf, can help to absorb some of the force of a blow.

When possible, athletes should play on soft surfaces. If playing on a hard surface is unavoidable, athletes should take steps to minimize the risk of head injury, such as wearing a helmet and avoiding head-to-head contact.

### **Learning Proper Tackling Techniques**

Proper tackling techniques can help to reduce the risk of a concussion or TBI. Athletes should be taught to tackle with their heads up and to avoid leading with their heads.

Football players should be taught to tackle using the "heads-up" technique. This technique involves keeping the head up and looking at the opponent. The player should make contact with the opponent with their shoulder, not their head.

Hockey players should be taught to tackle using the "body-checking" technique. This technique involves using the body to check the opponent, not the head. The player should make contact with the opponent with their shoulder, not their head.

### **Avoiding Head-to-Head Contact**

Avoiding head-to-head contact is one of the most important things that athletes can do to reduce the risk of a concussion or TBI. Head-to-head contact can occur in a variety of sports, including football, hockey, soccer, and lacrosse.

Athletes should be taught to avoid head-to-head contact by:

\* Keeping their heads up \* Looking at the opponent \* Making contact with the opponent with their shoulder, not their head \* Avoiding blindsided hits

## Getting Regular Exercise

Getting regular exercise can help to reduce the risk of a concussion or TBI. Exercise helps to strengthen the neck muscles, which can help to protect the head from impact. Exercise also helps to improve balance and coordination, which can help to reduce the risk of falls.

All athletes should get regular exercise. Children and adolescents should get at least 60 minutes of moderate-intensity exercise each day. Adults should get at least 150 minutes of moderate-intensity exercise each week.

Concussions and TBIs are a major concern for athletes of all ages. However, there are a number of things that athletes can do to reduce their risk of these injuries. By following the tips in this article, athletes can help to protect their heads and reduce their risk of serious injury.

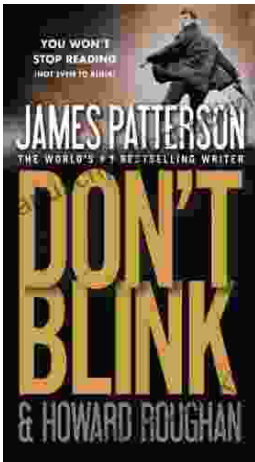


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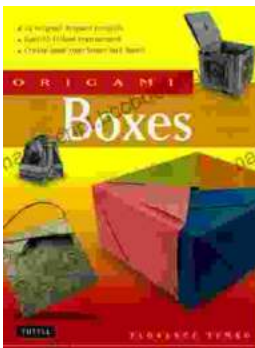
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