

CONCUSSIONS

When in doubt, sit it out.



An estimated 1.6-3.8 million sports–and recreation–related concussions occur in the United States each year.*

- It has been estimated that **10%** of all contact sport athletes sustain a concussion annually
- It has been estimated that **20%** of all football players sustain a concussion each season
- It has been estimated that **40.5% of high school athletes who suffer concussions return to play before it is safe to do so** – including 16% of all football players who sustained a concussion severe enough to cause loss of consciousness and returned to play the same day**
- It has been estimated that high school student-athletes suffered almost **400,000** concussions between 2005 and 2008**
- Concussions for high school athletes **are not confined to football**. The majority of those 400,000 concussions were in football, followed by girls' soccer, boys' soccer, girls' basketball and wrestling**

CONCUSSIONS ACCOUNTED FOR THE FOLLOWING PERCENTAGE OF INJURIES REPORTED IN THESE HIGH SCHOOL SPORTS IN 2008-2009**

- **Girls Soccer:** 16.3%
- **Girls Basketball:** 13.4%
- **Football:** 12.9%
- **Boys Soccer:** 9.5%
- **Boys Basketball:** 5.1%



*According to the Brain Injury Association of America and the Centers for Disease Control and Prevention

**According to the Center for Injury Research Policy in the Research Institute at Nationwide Children's Hospital