A concussion, or mild traumatic brain injury (mTBI), is caused by a bump, blow, or jolt to either the head or the body that causes the brain to move rapidly inside the skull. A concussion changes how the brain normally functions.

1 in 4
concussions are sports related

1 in 5
high school athletes will sustain a sports concussion during the season

High school athletes who sustain a concussion are 3 times more likely to sustain a second concussion

Football and Girls’ Soccer experience the most concussions

Emergency departments treat more than 170,000 kids and teens annually for sports and recreation-related TBIs, including concussions

90% of diagnosed concussions do not involve a loss of consciousness