Concussion myths vs. facts

**MYTH**
Treating an adult for concussion is the same as treating a child.

**FACT**
A child’s brain is still developing, so it’s important to treat them differently than an adult.

**MYTH**
The tougher you are the quicker you can return to sports and activities.

**FACT**
Concussions are invisible. The damage is often not easily noticeable. So, when in doubt, sit it out.

**MYTH**
Only athletes in aggressive contact sports suffer from concussions.

**FACT**
Anyone can get a concussion, in fact many kids and youth are injured performing daily activities like biking, playing and swimming.

**MYTH**
All concussion symptoms subside quickly.

**FACT**
Some symptoms are less obvious than others. In fact 30% experience symptoms lasting longer than four weeks and kids can take longer to recover.

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Holland Bloorview Kids Rehabilitation Hospital
Concussion Centre

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