



SOCCER CONCUSSIONS: GET THE FACTS

92,505 Concussions in High School Soccer

(National High School Sports-Related Injury Surveillance Study 2011/2012)

Players NOT wearing protective soccer headgear are 2.65 times more likely to suffer a concussion than those who did wear headgear.

(Al-Kashmiti, Delaney, et al "The Effect of Protective Headgear on Head Injuries and Concussions in Adolescent Football (Soccer) Players," British Journal of Sports Medicine (2007).

Concussions in soccer are not caused by heading the ball

(Boden, Kirkendall et al, "Concussion Incidence in Elite College Soccer Players," American Journal of Sports Medicine (1998), 26:238-41)

"Head to head impacts posed high concussion risk"

(Withnall, Shewchenko et al., "Effectiveness of Headgear in Soccer," British Journal of Sports Medicine (2005), 39(suppl):i40-i48

In a peer-reviewed study, 62.7% of college-level soccer players had concussion symptoms in a single year

(Delaney, Lacroix et al., "Concussions Among University Football and Soccer Players," Clinical Journal of Sports Medicine (2002), 12(6):331-38)

The number of sports concussions is believed to be under-reported by 90%

(NIH Consensus Development Panel, "Rehabilitation of Persons with Traumatic Brain Injury," Journal of the American Medical Association (1999), 282:974-83)

The concussion rate in soccer is similar to that in American football

(Baroff, "Is Heading a Soccer Ball Injurious to Brain Function?" Journal of Head Trauma Rehabilitation (1998), 13(2):45-52)

After the first concussion, the risk of a second one increases by a factor of four

(Gerberich, Priest et al., "Concussion Incidences and Severity in Secondary School Varsity Football Players," American Journal of Public Health (1973), 73:1370-75)

Subsequent concussions are usually more serious than the first one, even if the impacts are similar

(Collins, Lovell et al., "Cumulative Effects of Concussion in High School Athletes," Neurosurgery (2002), 51(5):1175-81)

Second Impact Syndrome (rapid swelling of the brain, potentially catastrophic outcome) may occur if the head is impacted before the brain has recovered from a concussion

(Cantu, "Recurrent Athletic Head Injury: Risks and When to Retire," Clinics in Sports Medicine (2003), 22(3):593-603)

Younger players require more time to recover from a concussion than older players

(Field, Collins et al., "Does Age Play a Role in Recovery from Sports-Related Concussion? A Comparison of High School and Collegiate Athletes," Journal of Pediatrics (2003), 142(5):546-53)

Girls are more likely to be concussed than boys

(Fuller, Junge et al., "A Six Year Prospective Study of the Incidence and Causes of Head and Neck Injuries in International Football," British Journal of Sports Medicine (2005), 39(suppl):i3-i8)