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.

Concussions in soccer are not caused by heading the ball

“Head to head impacts posed high concussion risk”

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

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

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

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

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

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

Girls are more likely to be concussed than boys