Brain Injury Association of America

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Sports and Recreation

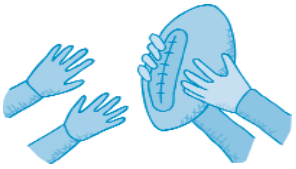
Sports are a valued pastime, but playing them safely is part of the game.

Scope

- The most common brain injury in sports is a concussion. According to a study released by the Centers for Disease Control and Prevention, there is an estimated 300,000 sports-related concussions in the United States each year.[1]
- Brain injuries cause more deaths than any other sports injury. In football for instance, brain injury accounts for 65 to 85% of all fatalities.[1]

Boxing

- Nearly 90 percent of professional boxers have sustained a brain injury.[2]
- Because the objective of boxing is to make one's opponent unable to fight, it is not surprising that acute traumatic brain injury (ATBI) occurs in boxing matches and sparring sessions. Jabs and angled blows to the head may result in ATBI. In addition to ATBI, chronic traumatic brain injury (CTBI) is of concern in boxing.[3]



Soccer

- Approximately 5 percent of soccer players sustain brain injury as a result of head-to-head contact, falls, or being struck on the head by the ball.[2]
- Heading or hitting the ball with the head is the riskiest activity; when done repeatedly, it can cause a concussion.[2]

Football

- Football injuries associated with the brain occur at a rate of one in every 3.5 games.[4]
- Football is responsible for more than 250,000 head injuries in the United States. In any given season 10 percent of all college players and 20 percent of all high school players sustain brain injuries.[5]
- Football players with brain injuries are six times more likely to sustain new injuries.[5]
- A helmet helps prevent a brain injury from occurring.

Creating a better future through brain injury prevention, research, education and advocacy

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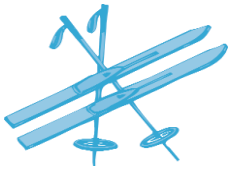
Skiing



- The Consumer Product Safety Commission (CPSC) estimates that in 1997, there were 84,200 skiing injuries (including 17,500 head injuries) treated in U.S. emergency rooms. The CPSC also estimated that 7,700 of those head injuries, including 2,600 head injuries to children, could be prevented or reduced in severity each year by using helmets. About 11 skiing and snowboarding-related deaths would be prevented annually with helmets.[6]

- Always wear a helmet when skiing for protection during falls and collisions.

Baseball

- The head is involved in more baseball injuries than any other body part. Almost half of the injuries involve a child's head, face, mouth or eyes.[2]

- The leading cause of injury and death is being hit by the ball, the second leading cause is collision.[2]

- Always wear a helmet when batting.

In-Line Skating, Rollerskating and Skateboarding

- Brain injuries occur most often when skaters fall and hit their heads on the pavement.

- Skating on roads causes a risk of colliding with cars, bicyclists, pedestrians and pets.

- Always wear a helmet for protection from falling.

Horseback Riding

- Brain injuries account for 60 percent of equestrian related fatalities, and 17 percent of all equestrian injuries are brain injuries.[7]

- Always wear a helmet when riding a horse.

- In 90% of the cases, injuries to equestrians that require hospitalization are caused from the rider being separated from the horse while riding or the rider falling with the horse.[8]

- In 1999, there were an estimated 6,000 horseback riding brain injuries.[9]

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