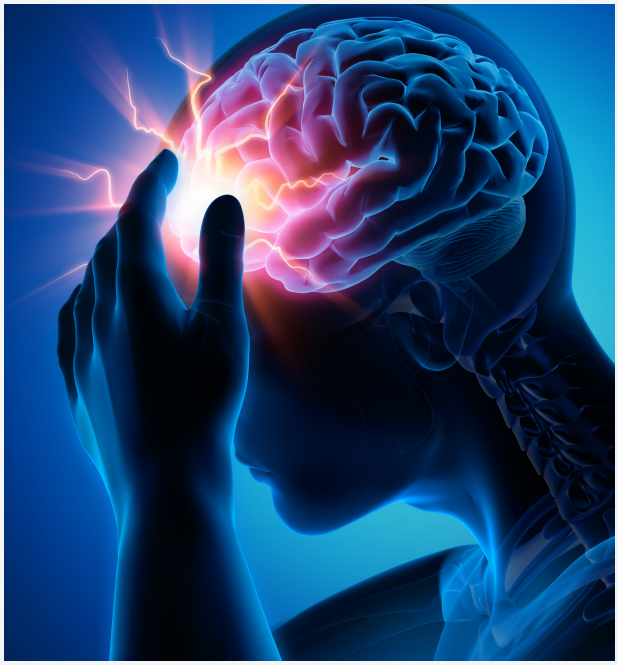
CONCUSSION STUDY RESULTS

Duke Sports Medicine

How the Effect of Concussions on Responsiveness Increases Risk of Future Injury

WHAT WE WANTED TO KNOW

We know about a correlation between concussions and injuries that happen later, but we want to understand why this happens. In this study, we specifically looked at the reaction time and attention of athletes after they had a concussion.



WHAT WE DID

We observed several high school athletes and monitored them for injuries. We compared what happened to athletes who never had a concussion to athletes who were cleared to return to playing sports after they recovered from a concussion. Additionally, we measured the responsiveness (attention, concentration, and reaction time) of both groups of athletes to see if we could find any differences. At least 15% of youth athletes are known to suffer concussions from playing sports, and we designed this study to hopefully find information that can help lower their risk of future injury.

Questions? Contact us at sportsmed_research@dm.duke.edu

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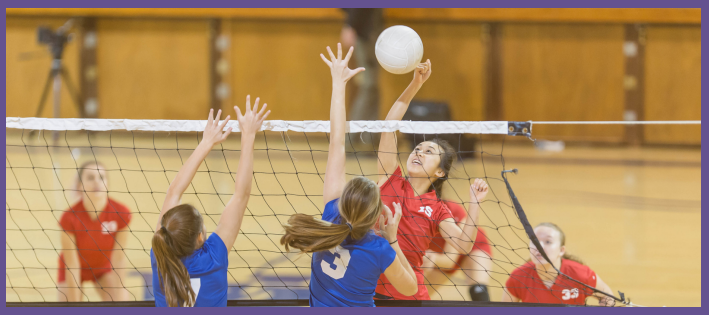
WHO WAS IN THE STUDY

9 FEMALES
11 MALES

AVERAGE AGE: 16

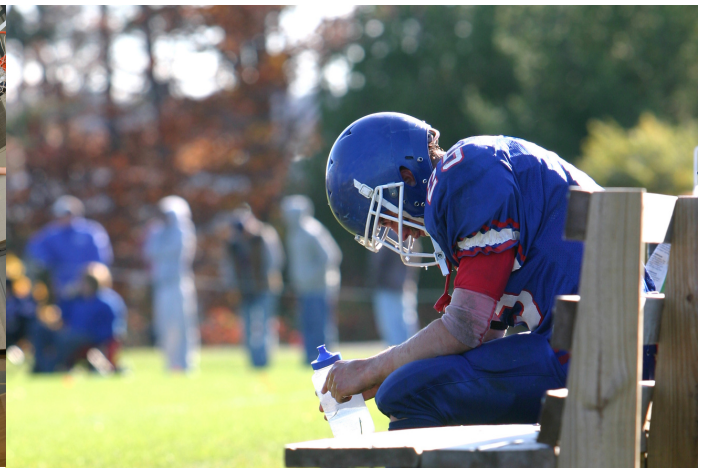
12 ATHLETES WITH CONCUSSIONS
8 WITHOUT CONCUSSIONS

Among the athletes with concussions, 5 were female. Among those without concussions, 4 were female.



WHAT WE LEARNED

- There was no major difference in responsiveness between the post-concussion and no concussion groups for an eye movement test we administered.
- The post-concussion group actually performed better on the reaction time test that we administered.
- The relationship between post-concussion athletes and responsiveness was inconclusive.



WHAT THESE RESULTS MEAN

These results suggest that after a doctor clears a high school athlete to return to sports after a concussion, their responsiveness is the same as other high school athletes who have never had a concussion. This means that the deficits caused by a concussion are potentially resolved by the time of clearance. These study results may not be applicable to each person. Additional information may be available from other studies now or in the future.

Find out more: International Journal of Sports Physical Therapy