

Concussion

Also called: Brain concussion

A concussion is a type of brain injury. It's the most minor form.

It is a short loss of normal brain function in response to a head injury.

Concussions are a common type of sports injury. You can also suffer from one if you suffer a blow to the head or hit your head after a fall.

After a concussion, you may have a headache or neck pain. You may also experience nausea, ringing in your ears, dizziness, or tiredness.



You may feel dazed or not your normal self for several days or weeks after the injury.

Consult your health professional if you notice any of your symptoms getting worse, or if you have more serious symptoms such as seizures or trouble walking or sleeping.

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