Post-traumatic HEADACHE AND CONCUSSION

- Each year in the United States about 44 million youth and 170 million adults participate in organized sports.
- Concussion can occur at any age, with any gender, and in any sport.
- Although most symptoms resolve in 1-2 weeks, symptoms may persist for weeks, months, or years in some individuals.

94% of concussed athletes will experience post-traumatic headache

63% of post-traumatic headaches have the same features as MIGRAINE

Concussion Represents 8.9% of all High School Athletic Injuries

Concussion incidence by sport for youth athletes (age 18 and younger) per 1,000 athletic exposures:

- Football: 0.60
- Cheerleading: 0.09
- Tennis: 0.30
- Soccer: 0.21
- Basketball: 0.22
- Lacrosse: 0.36
- Sailing: 0.10
- Swimming: 0.21

Nearly half a million children are treated in US emergency departments for traumatic brain injury and concussion

1.7 - 3.8 Million Sports-related concussions occur in the U.S. every year

This is likely a significant underestimate since up to 50% of athletes do not report and/or recognize symptoms of concussion, nor does it take into account asymptomatic or subclinical concussive brain injury.

Follow us on Facebook:
www.facebook.com/ahsheadache

Follow us on Twitter:
@ahsheadache

Follow us on Instagram:
ahsheadache

62% of post-traumatic headaches persist beyond 3 months and up to 25% persist beyond 1 year

Pre-existing MIGRAINE is a risk factor for concussion and post-traumatic headache

Post-traumatic HEADACHE following concussion should be treated early and aggressively

A progressive worsening headache after concussion warrants prompt medical evaluation

By the start of high school 53% of student athletes report a history of concussion

For equivalent sports, females are about 1.4 - 2.0 times more likely to report concussion than males and experience longer recovery

Female athletes are more than twice as likely as male athletes to report post-traumatic migraine

What a Headache Specialist Can Do

Post-traumatic headache is the most common symptom of concussion and it can delay the return to sports, school, and work in some individuals.

Headache specialists are uniquely trained to address post-traumatic headache.

Neck pain is common after concussion and can contribute to headache symptoms.

Migraine is a risk factor for concussion and can contribute to prolonged recovery.

Post-traumatic headache can affect the likelihood of transformation to chronic headache.

Early referral to a headache specialist may decrease the likelihood of transformation to chronic headache.

Websites:

Scan the QR code for more information from the American Headache Society post-traumatic special interest section.