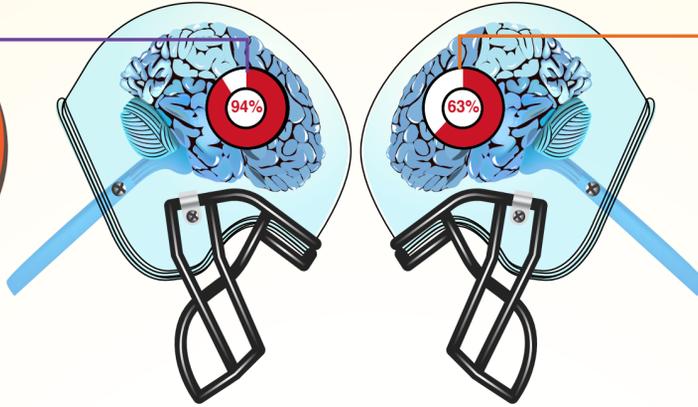


# Post-traumatic HEADACHE AND CONCUSSION

- 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

- 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

## 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:



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

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

Migraine is a risk factor for prolonged recovery

A progressively worsening headache after concussion warrants prompt medical evaluation

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

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



**WHAT A HEADACHE SPECIALIST CAN DO**

Over 36 million people in the U.S. suffer from migraine or related headache disorders. A headache specialist is well equipped to differentiate headache and associated symptoms as a primary headache disorder versus symptoms of concussion. They can also rule out more serious causes of headache after concussion that may go undetected with routine imaging.

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.

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



For equivalent sports, females have a 1.4 - 2.0 times higher rate for concussion than males and experience longer recovery  
Female athletes are more than twice as likely as male athletes to report post-traumatic migraine

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[www.headachejournal.org](http://www.headachejournal.org) - Headache: The Journal of Head and Face Pain

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A list of United Council of Neurologic Subspecialties Diplomates Certified in Headache Medicine is available here: [www.ucns.org/globals/axon/assets/10300.pdf](http://www.ucns.org/globals/axon/assets/10300.pdf)



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

