

Risk of Injury After Concussion

Sports are an excellent way for young athletes to learn many skills; they learn a new hobby, passion, drive, hand-eye-coordination, quick thinking, team building, social interaction, and so much more! However, even with all these benefits, it is important to be aware of potential injuries that can occur and be prepared with a preventative plan.

Recently, researchers wanted to know how concussions and risk for musculoskeletal (MSK) injuries, like sprains, strains, and more, were linked. So, they hypothesized that concussions increase a person's risk for other injuries. The study revealed that athletes returning from a concussion had double the chance at sustaining other injuries! Concussion and trauma can affect our balance, reaction time, our motor patterns, and more.

We recommend that, rather than simply waiting for a concussion to occur and treating those symptoms, we take preventative measures to promote health. Chiropractic care can not only help us recover from a concussion, but helps improve many of the areas that are hindered with a concussion! By promoting health before and after injury, our body is in the best place possible to not only recover effectively but to perform at 100%.



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McPherson, A. L., Nagai, T., Webster, K. E., & Hewett, T. E. (2018). Musculoskeletal Injury Risk After Sport-Related Concussion. *The American Journal of Sports Medicine*, 1-8.



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