PREVALENCE OF CONCUSSIONS

10-15% of athletes are estimated to experience concussions every year while playing contact sports.

Underreported

5% of athletes experience concussions, according to trainers.

50% of athletes experience concussions, according to players.

Over 50% of concussions are never reported (Kay 2014).

SPORTS

With the highest concussion rates:

1. Football
2. Girl’s Ice Hockey
3. Boy’s Ice Hockey
4. Boy’s and Girl’s Rugby
5. Boy’s Lacrosse
6. Girl’s Soccer
7. Girl’s Lacrosse
8. Boy’s Soccer
9. Boy’s Wrestling
(Castile et al., 2011; Daneshvar et al., 2011; Tommasone et al., 2006; CDC)

MORE Concussions

Occur during games than during practice.