



Concussion Recovery

Today, Mr. Lewis, the physical education teacher at Heritage High school, and Mrs. Deer, the school nurse, have called a special student assembly to discuss the risk of concussions.

BECAUSE SO MANY OF YOU
PLAY SPORTS, WE CALLED
THIS SPECIAL ASSEMBLY TO
TALK ABOUT CONCUSSIONS.

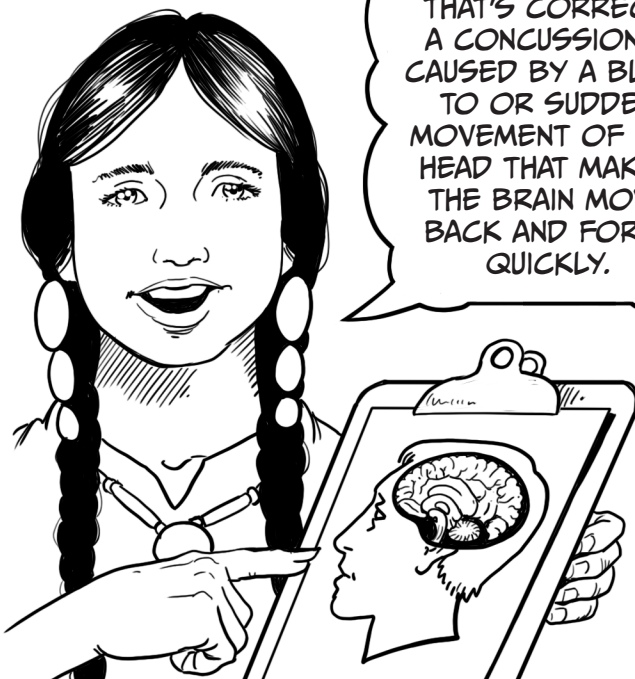
FIRST, DOES
ANYONE KNOW WHAT
A CONCUSSION IS?

IS IT WHEN YOU
HIT YOUR HEAD
REALLY HARD?

THAT'S CORRECT!
A CONCUSSION IS
CAUSED BY A BLOW
TO OR SUDDEN
MOVEMENT OF THE
HEAD THAT MAKES
THE BRAIN MOVE
BACK AND FORTH
QUICKLY.

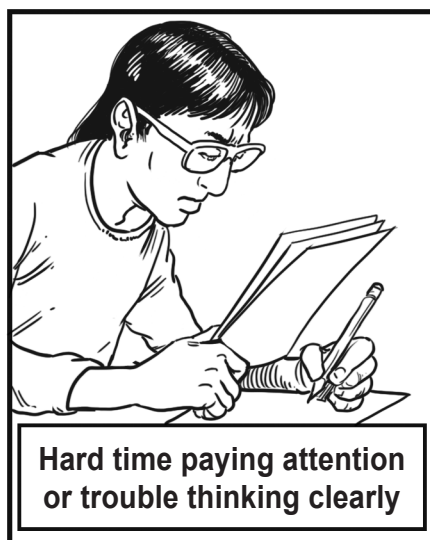


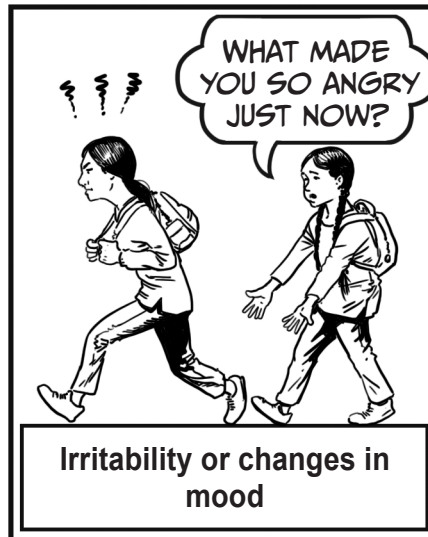
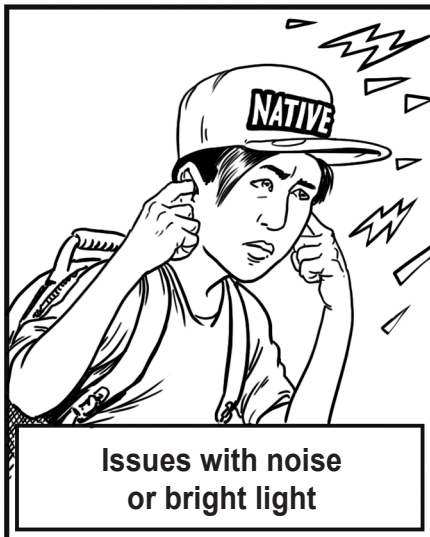
Mrs. Deere explains that a car or bike crash, a fall, or a sports injury can cause a concussion.

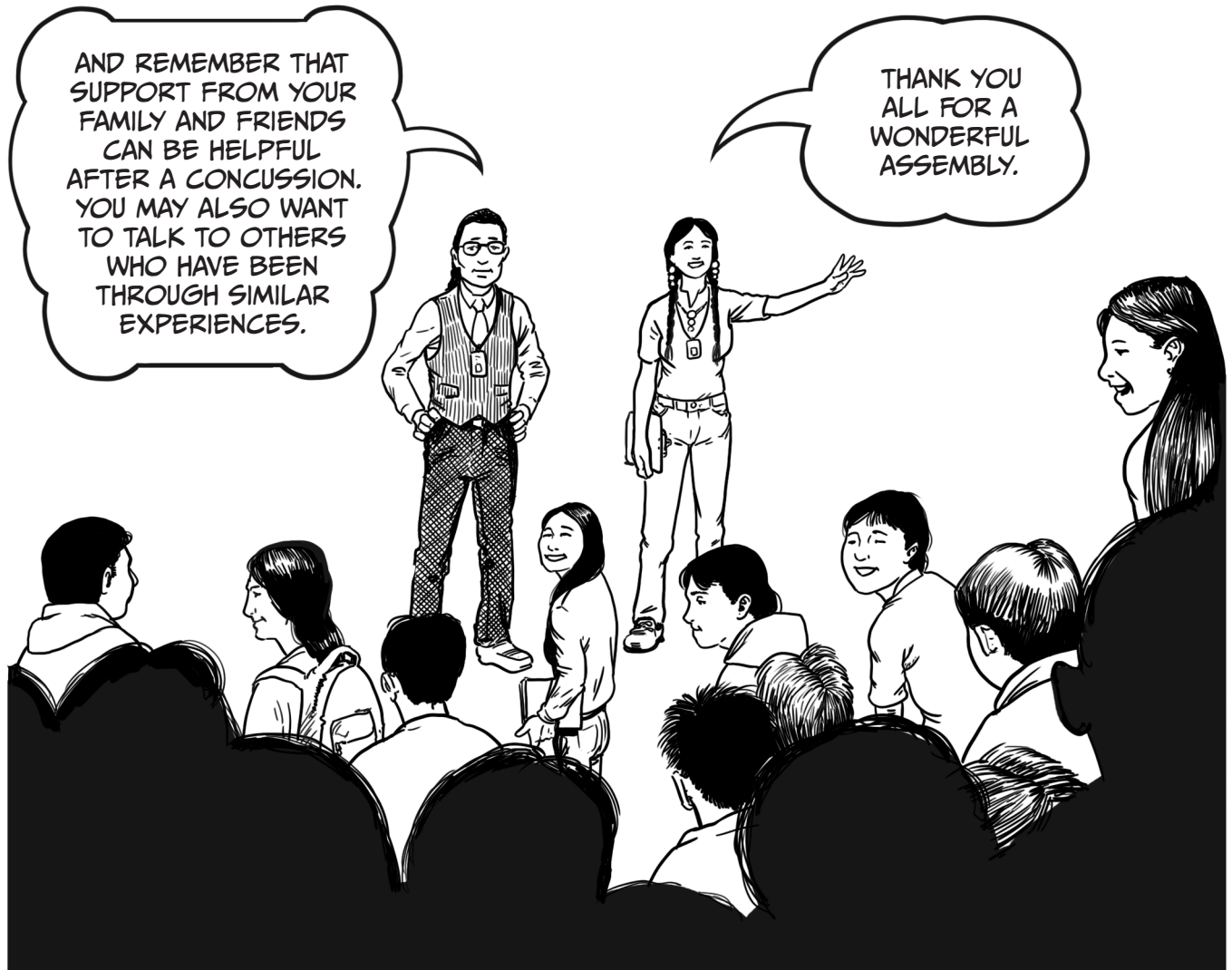
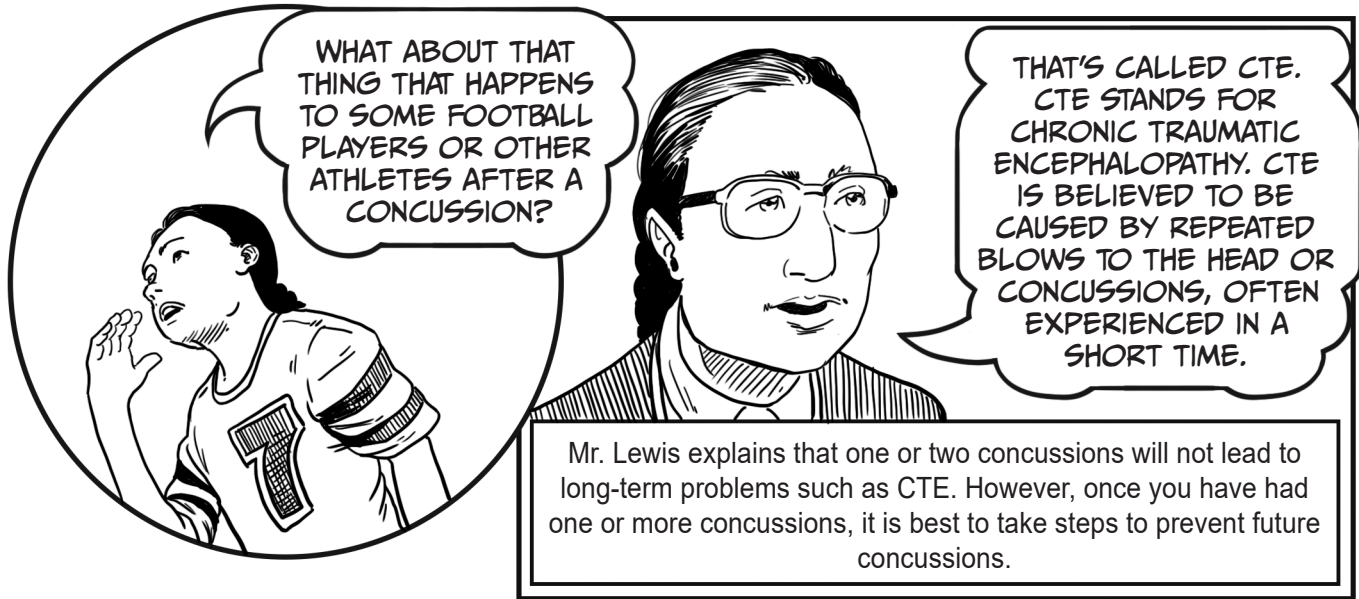




Mr. Lewis explains that symptoms from a concussion may include...







The content of this infocomic was adapted from the factsheet entitled *Concussion Recovery*, which was developed by Robin Hanks, PhD, Kathy Bell, MD, and Laura Dreer, PhD, in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

Source: The content in this infocomic is based on research and/or professional consensus. This content has been reviewed and approved by experts from the Traumatic Brain Injury Model Systems (TBIMS), funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), as well as experts from the Polytrauma Rehabilitation Centers (PRCs), with funding from the U.S. Department of Veterans Affairs. The contents were also reviewed by American Indians with TBI and their families.

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under grants from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant numbers 90DPKT0008 and 90DPKT0009). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

Additional Note: This resource was originally designed to support American Indians with traumatic brain injury (TBI) with special cultural considerations for their community. It can be used to support individuals with TBI from other communities.

Copyright © 2025 Model Systems Knowledge Translation Center (MSKTC). May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.



Model Systems
Knowledge Translation
Center



TBIMS

Traumatic Brain Injury Model System
Since 1987



**Traumatic Brain Injury
Resource Bundle**
for American Indians