

# Common Symptoms of a TBI

## Emotional/Behavioral

- Irritable, anxious, restless
- Sad or depressed
- Wants to be alone or away from people
- Takes risks without thinking first
- Unable to initiate tasks

## Health-related

- Headaches that keep coming back
- Neck and shoulder pain
- Nausea and/or dizziness
- Unusually tired and drowsy
- Bothered by smells, light or sounds
- Ringing in ears
- Blurry vision or changes in vision
- Sleep disturbances

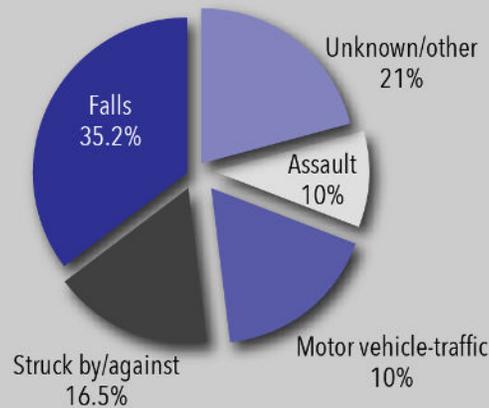
## Cognitive

- Trouble remembering things
- Reacts or thinks slowly
- Trouble learning new things
- Trouble expressing thoughts
- Difficulty paying attention and problem solving

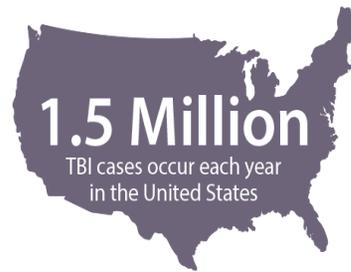
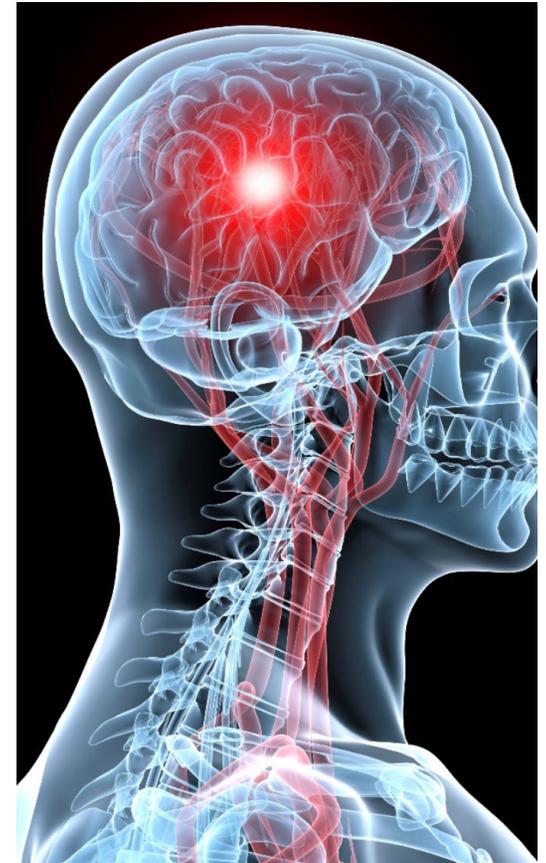
# Traumatic Brain Injury Statistics

## Causes of TBIs

estimated average percentage of annual TBI by external cause, U.S., 2002-2006



Source: Faoi, M., Xu, L., Wald, M. M., & Coronado, V. G. (2010). Traumatic brain injury in the United States: Emergency department visits, hospitalizations, and deaths 2002-2006. Atlanta, GA: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control.



50,000 of those TBIs lead to death

Out of these cases, an estimated **80,000–90,000** patients suffer a resulting lifelong disability.

**3.1 million** residents of the United States are currently living with lifelong disabilities caused by TBIs.



# Traumatic Brain Injury

## *What is a Traumatic Brain Injury ?*

A traumatic brain injury (TBI) is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.



**“Every TBI is unique”**

## *Two Types of Traumatic Brain Injury*

1. Penetrating TBI (Open TBI) – Occurs when the skull is pierced by an object. With this injury, the object enters the brain.
2. Non-Penetrating TBI (Closed TBI) – Caused by an external force that produces movement of the brain within the skull.

## *Common Causes of a TBI*

- Falling and hitting your head
- Automobile, bicycle, four-wheeler accident
  - Assault or abuse
  - Sports injury
  - Concussion
- Workplace accident
- Struck by an object
- Bullet or blast injury
- Served in a war zone

## *Focus of Rehabilitation for TBI*

- Restore physical function and enhance the skills needed to perform daily activities
- Build strength, improve balance and regain mobility
- Improve speech and swallowing
- Develop new cognitive and behavioral strategies to compensate for any deficits



*For more information*

- [www.brainandspinalcord.org](http://www.brainandspinalcord.org)
- [www.biausa.org](http://www.biausa.org)
- [www.traumaticbraininjury.com](http://www.traumaticbraininjury.com)