



Traumatic brain injury

This type of brain injury may happen when there is a blow, bump, or jolt to the head. Sports injuries are a common cause of traumatic brain injury (TBI).



Of all injuries, ones to the brain are most likely to result in death or disability for life.

It may not look cool to wear a helmet when you ride a bike, rollerblade, etc., but doing so is the best way to prevent a severe head injury. Find out about protective helmets for the sport(s) you do from the Consumer Product Safety Commission at cpsc.gov.

Learn more from the Brain Injury Association of America at biausa.org.