Know the Many Ways Kids Get Concussions

Among more than 1,500 youth ages 0-17 years and diagnosed with concussion at Children’s Hospital of Philadelphia, a broad range of activities were determined to be the mechanisms of injury. The proportion of concussions from sports and recreation was higher among older children.

### Activity Types **

**Non-Sports & Recreation**
- 30%

- Falls
- Motor Vehicle Crashes
- Assault

**Recreation & Non-Contact Sports**
- 13%

- Recess
- Playing Outside
- Gym Class
- Swimming
- & More

**Limited Contact Sports & Recreation**
- 17%

- Cheerleading
- Baseball & Softball
- Volleyball
- Bike Riding
- & More

**Contact/Collision Sports & Recreation**
- 40%

- Football
- Soccer
- Basketball
- Hockey
- & More

### Non-Sports & Rec-Related vs. Sports & Rec-Related Concussions

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Sports &amp; Rec</th>
<th>Non-Sports &amp; Rec</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>82%</td>
<td>18%</td>
</tr>
<tr>
<td>5-11</td>
<td>33%</td>
<td>67%</td>
</tr>
<tr>
<td>12-14</td>
<td>23%</td>
<td>77%</td>
</tr>
<tr>
<td>15-17</td>
<td>26%</td>
<td>74%</td>
</tr>
</tbody>
</table>


** % of total sample