

Second Impact Syndrome

What is Second Impact Syndrome?

Second Impact Syndrome is when a person suffers a second concussion before the symptoms of the first concussion have subsided. When a concussion happens the brain becomes very sensitive to further damage. A second hit, blow, or jolt- no matter how mild- can cause the cerebral blood vessels to lose control over blood flow, leading to swelling.

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Educating yourself on second impact syndrome allows for an understanding of the “When in doubt, Sit it out” stigma. The mortality rate for second impact syndrome is extremely high and guides standards for concussion treatments, protocols, and return to play.

