

# Demystifying brain injury

## WHAT IS IT?

Traumatic brain injury (known as TBI) results from a violent blow, jolt to the head, or an object that penetrates brain tissue. Brain injury is unpredictable in its consequences and impacts everyone differently.

## WHAT HAPPENS IN A BRAIN INJURY?

A hit or jolt to the head causes the brain to move inside the skull or damages the skull. This in turn causes the destruction of brain cells and impairs the function for which that part of the brain is responsible.

An injury to the **FRONT** of the brain might impact problem solving or planning skills.



An injury to the **BACK** of the brain might impact sight, language, or body awareness.



## REAL PEOPLE. REAL INJURIES.

### BRAIN INJURY IS...

“...An invisible injury - everyone thinks you look fine on the outside, but on the inside things aren't working like they used to.”

a Constant Therapy user

“...Like working on a 1000-piece puzzle but some of the pieces are missing and you don't know which ones.”

a Constant Therapy user

## TREATMENT

After diagnosis, treatment for brain injury may include some combination of surgery, medication, and rehabilitation therapies, like speech therapy, cognitive therapy, physical therapy or occupational therapy.



The goal of brain rehabilitation therapy is to recover lost skills of daily living and maximize independence.



## FAST FACTS

1.5 million

people sustain a brain injury each year.



5.3 million

men, women, and children are currently recovering from or living with a TBI in the U.S.



## Most common causes:

- 1 AUTOMOBILE CRASHES
- 2 VIOLENCE
- 3 FALLS

