

# Risk Factors

## Summary

Post-Concussion Syndrome (PCS) is the persistence of concussion symptoms for greater than six weeks.

While it is difficult to predict who will be among the 10-30 percent of people who suffer from PCS, research provides some insight about who may be at a higher risk. Demographic variables like the ones listed to the right play a role, along with a person's concussion history, the severity of the blow they received, biomechanical factors, and certain pre-existing medical conditions.

## Demographic risk factors

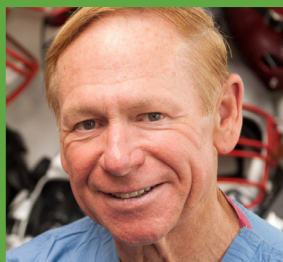
1. Female sex
2. Advanced age

## Injury risk factors

1. Severe impact, severity of the blow
2. Double impact
3. Duration of initial symptoms
4. Major visual symptoms soon after injury
5. Poor neck strength

## Medical risk factors

1. History of previous concussion
2. History of prolonged concussion recovery
3. History of anxiety, depression, mood disorders
4. History of seizure disorder, migraine headaches
5. History of ADD, ADHD, learning disabilities



**“For anybody who may be questioning if PCS is real or not, I would tell them without question, it is real.”**

-Dr. Robert Cantu

Co-founder and medical director, Concussion Legacy Foundation