

What is a Brain Injury?



There are 2 types of brain injury.



Traumatic



Non-Traumatic

A traumatic brain injury (TBI) is an alteration in brain function caused by an **external force**.

The head is struck by an object OR moves around within the skull.

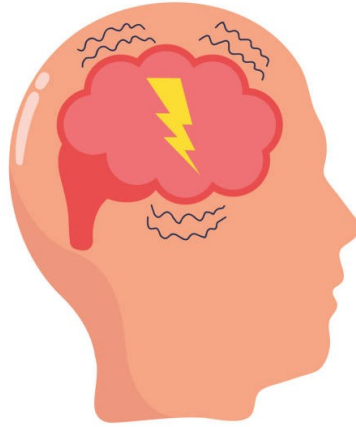


Examples: falls, assaults, vehicle accidents, & sports collisions.

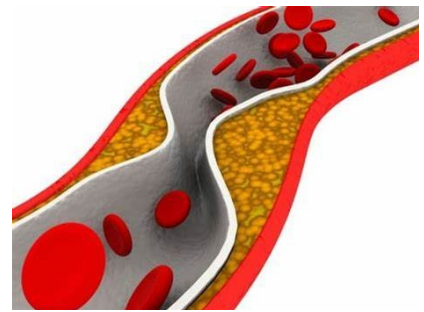
Some injuries might include **skull fractures** or **breaking of meninges** (layers of membrane around the brain).

Some injuries have **focal** damage. Others have **diffuse** damage.

A non-traumatic brain injury is an “**internal injury**”, such as a stroke or seizure.



It can occurs when **blood flow/oxygen** to the brain is reduced or stopped.

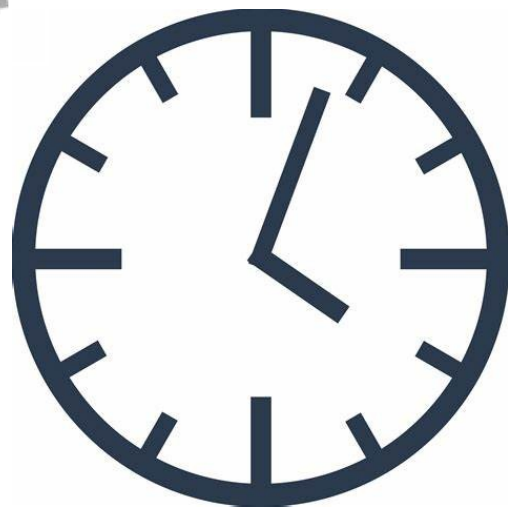


OR when there is a **hemorrhage** (bleed) in the brain.



OR when there is a **tumor** or **infection** in the brain.

**Improvement takes place
over time.**

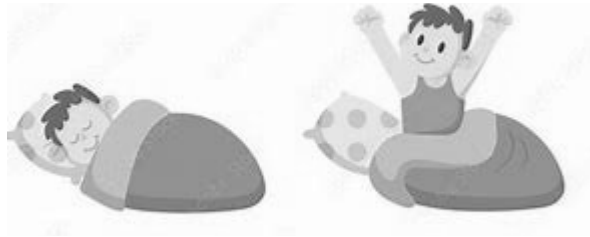


What can you do?

1. Participate in **therapy**.



2. Establish a good **sleep/wake** routine.



3. **Minimize stimuli** (dim lights, close door, TV off, limit visitors/objects in room).



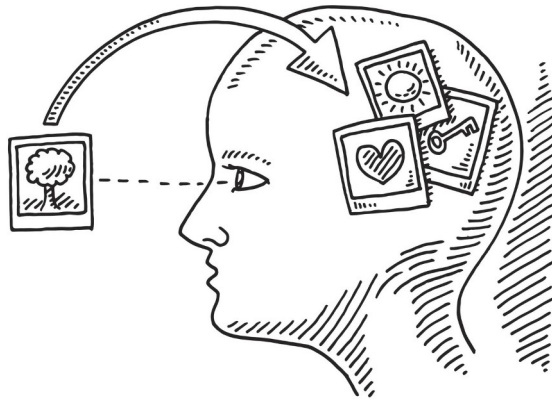
Remember, you are NOT alone.

You might notice changes in:

Attention



Memory



Processing Speed



You might notice changes in:

Reasoning



Planning/Organizing

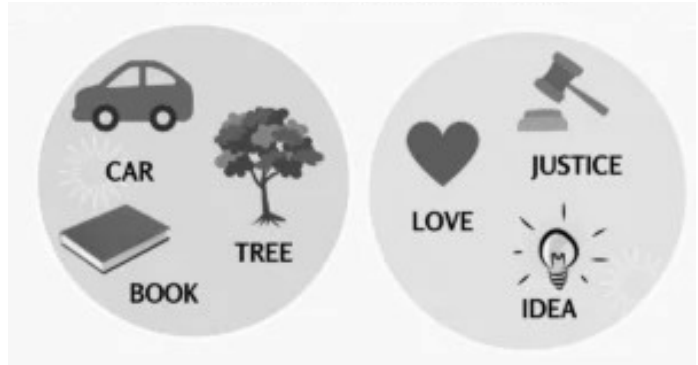


Problem Solving

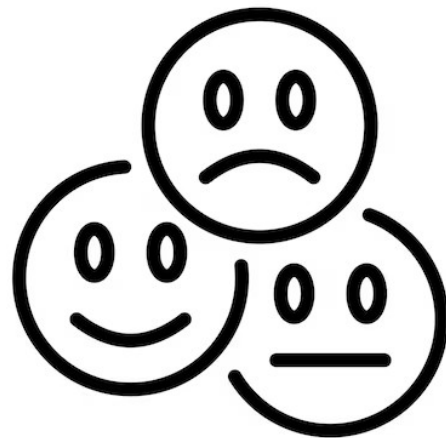


You might notice changes in:

Abstract Thinking



Controlling Emotions

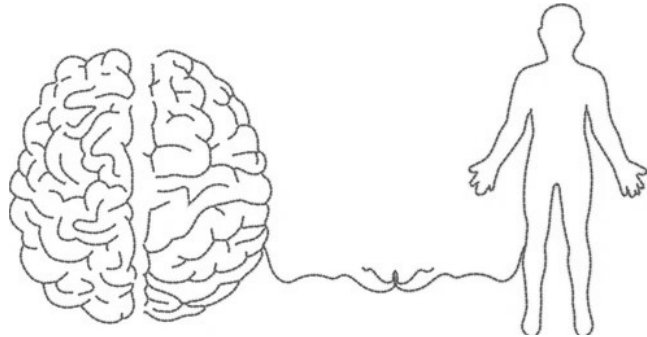


Personality



You might notice changes in:

Awareness of
Deficits



Vision or attention
to one side



Fatigue

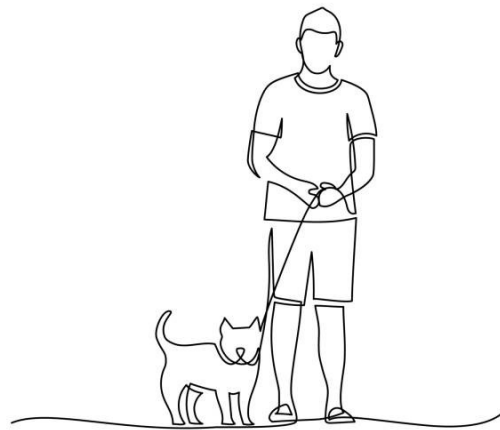


You might notice changes in:

Headaches or
migraines



Ability to walk or
balance

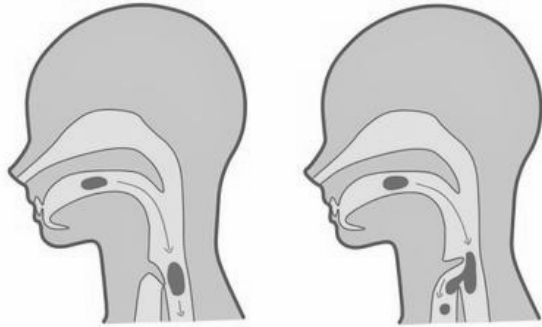


Use of arm or hand



You might notice changes in:

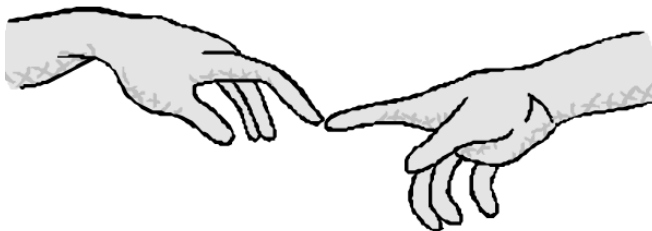
Swallowing



Hearing



Touch



You might notice changes in:

Bladder control



Sex drive

