



Traumatic Brain Injuries: The Different Types of Concussions

by [Traumatic Brain Injury Attorneys](#) on 11/05/10

There are many different types of [traumatic brain injuries](#). If you've ever fallen and hit your head on the sidewalk or been in a serious car accident that made you hit your head on the windshield or a door frame, you may have suffered a concussion. Athletes who play football and other contact sports suffer this type of injury frequently.

Knowing how to recognize the different types of concussions and their symptoms can increase the chances of obtaining appropriate care. However, it's always best to have an M.D. or other highly qualified healthcare provider carefully examine anyone who has just suffered a serious head injury. The following information should help you better understand how doctors view concussions.

The Three Different Grades of Brain Concussions and Their Symptoms

In general, Grade One concussions are considered "mild." They do not involve a loss of consciousness and their symptoms tend to last no longer than 15 minutes. Grade Two concussions are referenced as "moderate." They do not involve a loss of consciousness, though their symptoms can extend for more than 15 minutes. Finally, Grade Three concussions *do* involve a lapse in consciousness and they can last just a few seconds (or longer). Other factors that often enter the diagnostic equation include the presence (or absence) of amnesia, seizures and a proper sense of equilibrium.

Since many head injuries occur so fast that no one may be sure whether the injured party briefly lapsed into unconsciousness for a few seconds, it's often wise to request a general

neurological exam. The doctors will then decide whether or not to take any images of the brain to help them properly diagnose the patient.

The Types of Questions Frequently Asked During a Neurological Exam

When the injured party is conscious, a doctor will often ask questions to see how well oriented the person is to their current circumstances, as well as to general facts about the world at large. These questions can include:

- Finding out if the person can provide his (or her) name and address;
- Asking if the injured party recalls the event that led to the trip to the hospital or clinic;
- Asking if the person knows what city they are in and the date;
- Finding out if the person can remember the name of the current president;
- Asking if the patient recognizes and can name any family members who may be present during the exam.

Should the medical professional decide that the injured party is well-oriented and able to walk steadily without assistance, the patient may be released. However, many doctors or clinics will keep the person under an extended period of observation. Once such patients are finally released to go home, it's generally recommended that they (1) get plenty of rest before resuming their normal activities and (2) immediately return to the hospital or clinic for further evaluation if their symptoms worsen during the first few days.

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