

Top 5 Ways Brain Injuries Occur

Falls

A person can fall from almost any height and sustain a brain injury. Falls are the most common cause of brain injury in young children and older adults.



Collisions

The second-leading cause of brain injury is a collision. The accident may be between two vehicles, motorcycles or bicycles. Pedestrians may be involved.



Criminal Acts or Violence

Cases of abuse, gunshots and other assaults that are especially violent can cause the brain to be injured. Shaken baby syndrome is a common example.



Sports

Accidents happen in all sports, and brain injuries occur quite commonly in young players who are involved in on-field incidents.



Blasts

Active-duty military personnel are particularly susceptible to blasts. The concussive force of the explosives can cause the brain to jar back and forth.



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