



Welcome to the Concussion Database Monthly Newsletter.

This month we have summarised data from TRACK-TBI, in addition to research looking at post-concussion injury risk and potential cardiac changes.

We hope you enjoy this issue. Remember you can stay up-to-date at <https://concussiondatabase.com> and if you have any questions or comments get in touch on info@drakefoundation.org.

Research in Focus

Assessment of follow-up care after emergency department presentation for mild traumatic brain injury and concussion: results from the TRACK-TBI study

Seabury SA et al., JAMA Network Open
DOI: [10.1001/jamanetworkopen.2018.0210](https://doi.org/10.1001/jamanetworkopen.2018.0210)

Using a sub-cohort from the US multicentre TRACK-TBI study, the follow-up care received by 831 patients who reported to the emergency department and were diagnosed with mild traumatic brain injury (mTBI) was assessed. Researchers defined follow-up care as the provision of TBI educational materials at discharge and patients seeing a medical practitioner within 3 months after the injury.

Of the 831 participating patients, less than half report-

Risk for lower extremity injury after concussion: a matched cohort study in soldiers

Kardouni JR et al., J Orthop Sports Phys Ther.
DOI: [10.2519/jospt.2018.8053](https://doi.org/10.2519/jospt.2018.8053)

The phenomenon of an increased lower extremity musculoskeletal injury risk following concussion has been documented in high level athletes but data from other populations remain limited. In this study, researchers looked to address this gap in knowledge by assessing post-concussion injury risk in a cohort of soldiers.

Researchers used records from 11,522 soldiers reported to have sustained a concussion between 2005 and 2011, along with 11,522 matched controls. Hazard ratios for risk of subsequent lower extremity musculoskeletal injury within two years of the concussion injury were then calculated for both groups.

Within two years of concussion, the risk of lower extremity injury was 38% greater in concussed versus non-concussed soldiers. These findings add to growing data suggesting that the effects of concussion may last beyond currently defined clinical recovery and further research is warranted in a variety of populations.

[View on the Concussion Database](#)

Face cooling exposes cardiac parasympathetic and sympathetic dysfunction in recently concussed

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