

Mild Traumatic Brain Injury Facts and Resources



Mild Traumatic Brain Injury (MTBI) is defined as a blow or jolt to the head, with or without consciousness, resulting in one or more of the following conditions:

- Temporary confusion, disorientation, or impaired consciousness; or
- Impairment of memory around the time of injury

Approximately 85% of people diagnosed with a MTBI recover. If you continue to experience any of the following symptoms, you should contact your healthcare provider.

Physical Signs/Symptoms

- Headaches
- Fatigue
- Vision problems
- Sleep disturbances
- Balance issues
- Memory loss
- Noise and light sensitivity

Behavioral Signs/Symptoms

- Changes in comprehension
- Changes in behavior
- Decreased attention
- Increased irritability
- Impulsiveness
- Changes in mood
- Aggression

**GET
HELP**

Brain Injury
Association of
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Denver, CO 80204
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Toll Free: 1-800-955-2443
www.biacolorado.org

*Dedicated to improving
the quality of life for
persons with brain injury
and their families and
supporting programs to
prevent brain injury*

The most common causes of mild traumatic brain injury include sports injuries, falls, motor vehicle accidents, assaults/blows and explosive blasts. Many brain injuries go undiagnosed, which can lead to difficulties with activities of daily living.

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Colorado Traumatic
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