

Reduce Concussion Prevalence With These 5 Exercises

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Sports related concussion (SRC) has an increasing incidence in the USA, mainly affecting people between 7-19 years old, with the highest incidence in contact sports, including rugby, football, basketball, wrestling, hockey and soccer. There is greatest concern of young people suffering a concussion, as adolescents demonstrate larger post-concussion neuropsychological deficits compared to adults.



In addition to protective headwear, research has shown that *strengthening the neck, improving hand eye coordination, and improving spinal mobility decreases the risk of concussions.* Although contact may be unavoidable, the greater the strength and mobility of the neck, the less impact there is of the brain in the skull. This is why adults are more resilient to head trauma compared to an adolescent; adults have greater neck strength, girth and control of the head, reducing traumatic effects.

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Specifically, every 1lb of increase in neck strength reduces the prevalence of concussions by 5%.

Here are easy and effective neck strengthening exercises to teach your athletes to help build neck strength and reduce the symptoms of a direct or indirect impact they may encounter in sports.

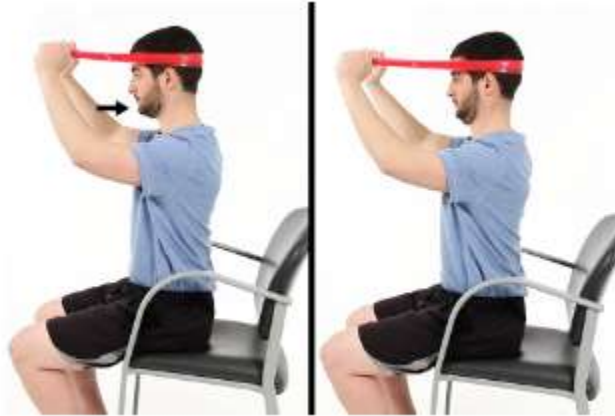
- **Resisted Chin Tuck: Quadruped**

In a crawl position, place a resistance band around the back of the head, holding with your hands. Make a “double chin”, pushing into the band. Hold for 5 seconds. Repeat 30 times.



- **Resisted Chin Tuck: Seated**

In a seated position, place a resistance band behind the head, arms out in front of you. Make a “double chin”. Hold for 5 seconds, repeat 30 times.



• **Resisted Cervical Extension**

- In a quadruped position, place a resistance band behind your head. Slowly extend your head and look eye level in front of you. Hold for 5 seconds, repeat 30 times.



• **Resisted Cervical Rotation**

- In a seated position, wrap a resistance band around the head, with your arm out to the side at head level. Turn your head away from the hand holding the band,

against resistance. Hold for 5 seconds, and repeat 30 times.



• **Shoulder Shrugs**

- In a standing position, using weights or resistance bands, shrug your shoulders up toward the ceiling. Hold for 5 seconds, repeat 30 times.

