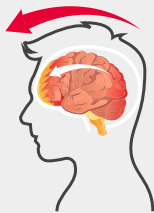


# CAN NECK STRENGTHENING REDUCE SPORT-RELATED CONCUSSION RISK



A CONCUSSION IS CAUSED BY A HIT TO THE HEAD OR BODY THAT CAUSES THE HEAD TO RAPIDLY ACCELERATE FORWARD, BACKWARD, OR TO THE SIDE.



The neck stabilizes the head during an impact. Stronger necks provide more stability, which may reduce head acceleration and concussion risk.



► To improve neck strength, exercise programs should:

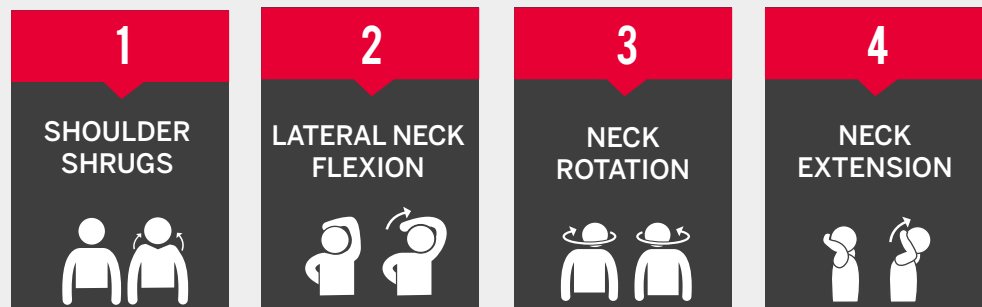
1. Target the neck muscles directly
2. Work on all neck muscle groups
3. Be adjusted based on an athlete's needs and goals

While we don't know if neck strengthening exercises can reduce concussion risk, research shows that **people with increased neck strength may have a lower risk of sustaining a concussion.**

## Did you know?

For every  
**1 LB**  
of additional neck strength, research shows a  
**5%**  
decrease in concussion risk (Collins et al., 2014)◊

## ► 4 WAYS TO STRENGTHEN THE NECK:



Remember to always consult a trained professional, such as a physiotherapist or physician, before engaging in a neck strengthening program.

Some people are more likely to have low neck strength than others. Neck strengthening may be particularly important for:

► Children and youth



► Girls and women

