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Brain Injury Alliance of New Jersey addresses concussion awareness, legislation and guidelines

Hackensack, NJ – The Brain Injury Alliance of New Jersey presented an event at Hackensack University Medical Center on Friday, September 21st in honor of Concussion Awareness Day. Community partners gathered to discuss the importance of concussion awareness, legislative issues, and the CDC’s recent unveiling of new concussion guidelines.

A concussion is a mild traumatic brain injury (mTBI) caused by mechanical force which can be a direct blow to the head, face or neck, or an indirect blow somewhere else on the body. There has been a growing awareness of mTBI in recent years, prompting the Centers for Disease Control to research the topic and extend a set of guidelines for parents and professionals to follow.

Though awareness of mTBI has become more prominent with the general public, continuing education is crucial for coaches, athletes and parents. “Now we know how important active recovery is,” said Danit Macklin, Physical Therapist at Hackensack University Medical Center, “but it must be done under the supervision of a concussion expert.”

Steven Benvenisti, Esq., Board President of the Brain Injury Alliance of New Jersey said, “In the past coaches and trainers sent players back into play, but over time we’ve learned what is necessary to protect student athlete’s brains.” The Rutgers Youth Sports Research Council will be launching a free training for volunteer coaches in New Jersey to emphasize best practices.

“Many parents I speak to say, I wish I had known then what I know now,” said Carol Ann Giardelli, Director of Safe Kids New Jersey and Central Jersey Family Health Consortium. Anay Badlani, a New Jersey student athlete who lost his brother due to a severe traumatic brain injury from a car crash, said “Concussion is important to me because its preventable.”

For more information and resources on concussion/mTBI and traumatic brain injury, visit sportsconcussion.com or bianj.org.

About BIANJ

Established in 1981, the Brain Injury Alliance of New Jersey is a statewide nonprofit organization that services more than 10,000 individuals annually through its family support, advocacy, education and prevention programs. Over the last 30 years the Alliance has brought together people with brain injury, their families and friends, and concerned allied health professionals to improve the quality of life people experience after brain injury. For more information please visit www.bianj.org.