

## How do I know if I have a concussion after a car accident?

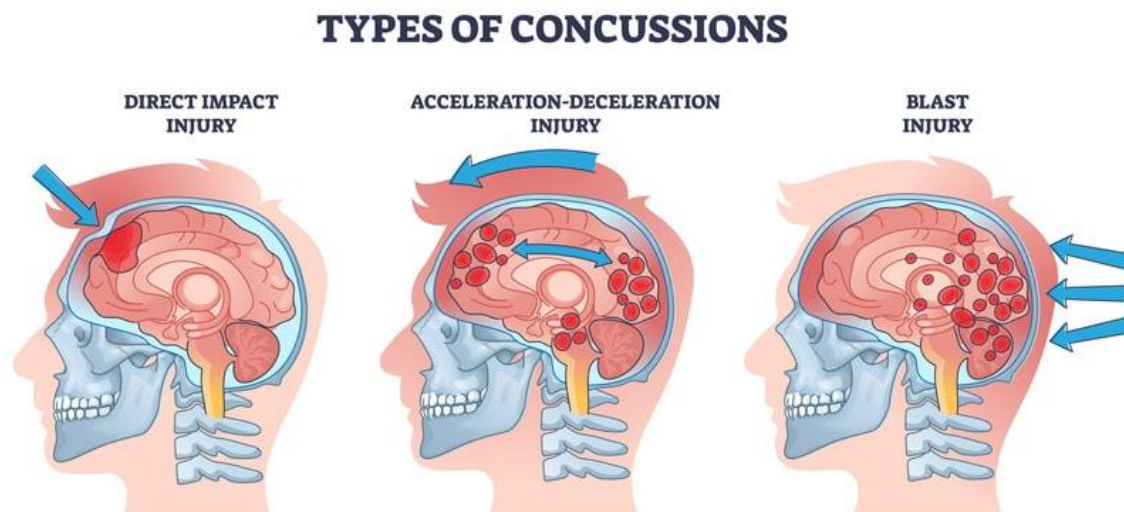
Concussions are a very common injury in [car accidents](#), and although they are sometimes labeled “mild” traumatic brain injuries (TBIs), their effects can be serious. Accident victims who hit their head or experience a violent jolt can sustain a concussion even without losing consciousness.

## What is a concussion and why is it common in car accidents?

A **concussion** is a type of traumatic brain injury (TBI) caused by a sudden blow or force to the head. It happens when the brain is violently shaken and **hits the inside of the skull**. Car accidents frequently cause concussions because when a car suddenly stops it can whip a person’s head back and forth. Even if your head doesn’t directly hit anything, the abrupt whiplash motion can make your brain move inside your skull and result in injury. Concussions can range from mild to severe, but **every concussion is a brain injury** that should be taken seriously.

## Why are the different types of concussions?

The most common type of head injury that occurs in a car accident is an **acceleration-deceleration injury**. This is due to the sudden stop that occurs once a car comes into contact with another object.



## What are common symptoms and warning signs?

Recognizing a concussion after a car accident is very important, because symptoms aren’t always immediate – some might not show up for hours or even days. Common concussion **symptoms** include:

- **Headache** or a feeling of pressure in the head
- **Dizziness** or feeling lightheaded
- **Nausea** or vomiting
- **Blurred vision** or seeing “stars”
- **Difficulty concentrating** or confusion
- **Slurred speech**
- **Memory problems** (for example, not remembering the accident)
- **Feeling dazed** or disoriented

Not everyone will have every symptom, but **even one of these signs could mean you have a concussion**. Don’t dismiss a lingering headache **after a car accident** or feeling “off” as just stress – it could be a serious head injury. If you suspect a concussion, **seek medical attention right away**. Early treatment can prevent serious complications in the future.

## How can I tell if my head injury is severe or mild?

It’s not always easy to tell if a concussion is mild or severe based on symptoms alone. **Mild and severe concussions often share the same symptoms**, so you might feel okay at first even if your brain injury is serious. In general, any loss of consciousness or other alarming sign (such as seizures, repeated vomiting, or problems waking up from sleep) is a red flag of a severe brain injury that needs emergency care. You should **never wait** for extreme symptoms to get checked out. After a car accident, it’s safest to have a doctor examine you if you hit your head or experience any concussion symptoms, because **only a medical professional can determine how serious the injury is**. Early diagnosis is key.

## How are concussions diagnosed?

Doctors have a few methods to determine if you have a concussion. They will usually perform a neurological exam – checking things like your reflexes, balance, and memory – and ask questions to test your concentration. In many cases, imaging scans are used to check for serious brain injury. Common head injury tests include:

- **Magnetic Resonance Imaging (MRI)**
- **Computed Tomography (CT) scan**
- **X-ray**

These scans can show if there are any signs of bleeding or other structural damage in the brain. A concussion itself might not appear on a scan, but imaging is useful to **rule out** life-threatening injuries. Using the information from your exam and tests, the doctor can confirm if you have a concussion and determine how severe it is.

## How do you treat a concussion?

After a concussion, doctors typically advise **plenty of rest and limited activity** for the first day or two. You might even be kept in the hospital briefly for observation to ensure your symptoms

don't worsen. If you're recovering at home, have someone monitor you as much as possible and avoid any activities that will put a strain on your body. This means no heavy exercise and minimal screen time. Getting plenty of sleep is also important during this period.

After the first 48 hours, if your symptoms are improving, your doctor may allow you to slowly resume normal activities. **Follow medical guidance** on gradually returning to work, school, and exercise. Increase your activity in small steps and pay attention to how you feel. If symptoms like headaches or dizziness come back, stop and rest. Everyone heals at their own pace, so don't return to full activity until your doctor says it's safe. Pushing yourself too soon risks a more serious injury.

## How much is my head injury claim worth?

If another driver's negligence caused your crash, their insurance company should compensate you for **all your concussion-related losses**. This includes your medical bills, any **lost wages** from work you missed, compensation for your **pain and suffering**, and even the cost to repair or replace your vehicle.

There's no fixed dollar amount for a concussion injury claim – it varies widely depending on the severity of the concussion and its impact on your life. However, **a fair settlement should cover all of your accident-related expenses and losses**.

## How can attorney help me with my head injury?

Insurance companies sometimes try to **downplay concussion injuries** or argue that your symptoms aren't accident-related. A car accident attorney will protect your rights and make sure your injury is taken seriously. Your lawyer can handle all communication with the insurance adjusters and push back against lowball settlement offers – allowing you to focus on your recovery.

An experienced personal injury lawyer will gather evidence to build a strong case, including medical records and doctor statements linking your concussion to the crash. They know what your claim is truly worth and will fight for the **maximum compensation** available. If the insurance company refuses to offer a fair amount, **your attorney can file a lawsuit and take the case to court**.

A concussion from a car wreck can disrupt your life, but you don't have to go through the aftermath alone. **Jim Adler & Associates** has decades of experience fighting for injured Texans; let our car accident attorneys handle the legal burden while you focus on recovery. **Contact us today for a free consultation**. We're ready to help you get the compensation you deserve.