



The Effect of Mild TBI on Balance

Does Mild Traumatic Brain Injury Affect Balance Performance?

This study examined whether Veterans with mild TBI (concussion) had worse balance compared to those without a concussion. Most of the individuals tested were Veterans who had concussions. Here are the main findings:

- ★ There was no difference in balance between those with concussion compared to those without.
- ★ Pain that interfered with activities reduced balance performance

Take Home: Concussions didn't affect long-term balance, but having chronic pain did.



For more information on CENC, visit:
<http://www.cencstudy.org>

Reference:

Walker, W., Nowak, K., Kenney, K., Franke, L., Eapen, B., Skop, K., Levin, H., & Nolen, T. (2018). Is balance performance reduced after mild traumatic brain injury? Interim analysis from Chronic Effects of Neurotrauma Consortium (CENC) multi-centre study. *Brain Injury*, 1-13.