

## CENC Chronic Effects of Neurotrauma Consortium

## The Effect of Mild | Does Mild Traumatic Brain Injury TBI on Balance

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.

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