

# PCS Risk Factors

## Summary

**Post-Concussion Syndrome (PCS)** is the persistence of concussion symptoms for greater than six weeks.

While it is difficult to predict who will be among the 10-30 percent of people who suffer from PCS, research provides some insight about who may be at a higher risk. Demographic variables like the ones listed to the right play a role, along with a person's concussion history, the severity of the blow they received, biomechanical factors, and certain pre-existing medical conditions.



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**For anyone who may be questioning if PCS is real or not, I would tell them without question, it is real.**

**Dr. Robert Cantu,**  
*Co-Founder / Medical Director  
Concussion Legacy Foundation*”

## RISK FACTORS

### Demographic

- Female sex
- Advanced age

### Injury

- Severe impact, severity of the blow
- Double impact
- Duration of initial symptoms
- Major visual symptoms soon after injury
- Poor neck strength

### Medical

- History of previous concussion
- History of prolonged concussion recovery
- History of anxiety, depression, mood disorders
- History of seizure disorder, migraine headaches
- History of ADD, ADHD, learning disabilities

