

# Amanda's Story



In September of 2008, I was in high school and on the cheerleading team. During a practice in which we were practicing stunts, I sustained a concussion.

I was spotting someone else and was supposed to catch her if she fell. During one move, she leaned too far back and began to fall. I caught her, but her momentum caused her to hit my forehead and I fell to the ground. I did lose consciousness and don't remember much from that day; people said I fell back and that my head bounced on the rubberized track more than once.

I was rushed to the Emergency Room and evaluated for a concussion. Over the next four weeks, I saw about four different doctors who all said I should get better within a week. But that didn't happen. I already had two previous concussions relating to cheerleading, and my problems were worse this time. I missed a lot of school and had a lot of problems with mood swings, frequent migraines, concentration problems, memory loss, and depression.

Things gradually got better, and I'm now enjoying being away at college. I am unable to see my doctor as frequently, and I still have migraines, but much less frequently than I used to. I go to speech therapy once a month to work on my memory and concentration problems and have learned compensation strategies that really help.

I continue to deal with some issues from my concussions that make school hard, but I haven't given up.