



The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.4453215/k.9E34/Brain_Injury.htm

Brain Injury

The brain serves as the control center for all of the body's functions including conscious activities (walking and talking) and unconscious ones (breathing, heart rate, etc.). The brain also controls thought, comprehension, speech and emotion. Injury to the brain, whether the result of severe head trauma or a closed head injury in which there is no fracture or penetration of the skull, can disrupt some or all of these functions.

Brain injury can have serious and lifelong effects on physical and mental functioning, including loss of consciousness, altered memory and/or personality, and partial or complete paralysis.

Traumatic brain injury (TBI) results mainly from motor vehicle incidents, falls, acts of violence, and sports injuries. It is more than twice as likely in males than in females. The estimated incidence rate is 100 per 100,000 persons with 52,000 annual deaths. The highest incidence is among persons 15 to 24 years of age and 75 years and older.

Enclosed within the bony framework of the skull, the brain is a gelatinous material that floats within a sea of cerebrospinal fluid. This fluid supports the brain and acts as a shock absorber in rapid head movements. The outer surface of the skull is smooth, but the inner surface is jagged – this can cause significant damage in closed head injuries as the brain rebounds within the skull over rough bony structures.

Injury to the brain can be caused by fracture or penetration of the skull (such as in the case of a vehicle accident, fall or gunshot wound), a disease process (neurotoxins, infections, tumors, metabolic abnormalities, etc.) or a closed head injury such as in the case of Shaken Baby Syndrome or rapid acceleration or deceleration of the head.

When the injury results from trauma, damage to the brain may occur at the time of impact or may develop later due to swelling (cerebral edema) and bleeding into the brain (intracerebral hemorrhage) or bleeding around the brain (epidural or subdural hemorrhage).

When the head is hit with sufficient force, the brain turns and twists on its axis (the brain stem), interrupting normal nerve pathways and causing a loss of consciousness. If this unconsciousness persists over a long period of time, the injured person is considered to be in a coma, a condition caused by the disruption of the nerve fibers going from the brain stem to the cortex.

A closed head injury often occurs without leaving obvious external signs but the difference between closed and penetrating injuries can be profound. In a bullet wound to the head, for example, a large area of the brain may be destroyed but the result may be minor if that area was not a critical one.

In contrast, closed head injuries often result in more widespread damage and extensive neurologic deficits, including partial to complete paralysis, cognitive, behavioral, and memory dysfunction, persistent vegetative state, and death.

Injured brain tissue can recover over a short period of time. However, once brain tissue is dead or destroyed, there is no evidence that new brain cells can regrow. The process of recovery usually continues even though new cells do not grow, perhaps as other parts of the brain take over the function of the destroyed tissue.

The rehabilitation process begins immediately. Once memory begins to be restored, the rate of recovery often increases. However, many problems may persist, including those related to movement, memory, attention, complex thinking, speech and language, and behavioral changes.

Beyond the obvious physical effects of brain injury, survivors frequently cope with depression, anxiety, loss of self-esteem, altered personality, and in some cases, a lack of self-awareness by the injury survivor of any existing deficits.

Sources: Institute of Neurological Disorders and Stroke.

Websites

<http://www.tbindsc.org>

National Traumatic Brain Injury Model System's National Data Center

The Traumatic Brain Injury Model Systems National Data and Statistical Center (TBINDSC) located at Craig Hospital in Englewood, Colorado, is a central resource for researchers and data collectors within the Traumatic Brain Injury Model Systems (TBIMS) program. The primary purpose of the TBINDSC is to advance medical rehabilitation by increasing the rigor and efficiency of scientific efforts to longitudinally assess the experience of individuals with traumatic brain injury (TBI). The TBINDSC provides technical assistance, training, and methodological consultation to 16 TBIMS centers as they collect and analyze longitudinal data from people with TBI in their

communities, and as they conduct research toward evidence-based TBI rehabilitation interventions.

See the link http://msktc.washington.edu/tbi/tbi_model_systems.htm for a list of the model TBI facilities. TBI Model Systems from Model Systems Knowledge Translation Center

<http://consensus.nih.gov/1998/1998TraumaticBrainInjury109html.htm>

National Institute of Health NIH consensus statement on traumatic brain injury.

www.neurolaw.com

Neurolaw A field of law dedicated to brain injury and spinal cord injury cases, dealing with issues related to the cause of the injury, the medical necessity or appropriateness of certain medical and rehabilitative treatments, and the impact on the lives of the survivor and family.

<http://www.disaboom.com/traumatic-brain-injury-tbi/>

Disaboom: Traumatic Brain Injury

<http://www.headinjury.com/>

Brain Injury Resource Center: A Service of Head Injury Hotline

212 Pioneer Bldg.

Seattle, WA 98104-2221

Phone: 206-621-8558

is a non-profit clearinghouse founded and operated by head injury activists since 1985.

Choosing the Right Doctor <http://www.headinjury.com/doctorfind.htm>

Rehab Finder Checklist www.headinjury.com/rehabfind2.htm

www.braincenter.org

Brain Injury Center of Kentucky is the doorway to information regarding acquired brain injury including stroke, trauma, anoxia, infection, and tumors.

Phone: 502- 493.0609 ext. 22

800.592.1117

www.biausa.org

Brain Injury Association of America's mission is to create a better future through brain injury prevention, research, education, and advocacy.

Phone: 703-761-0750

Family Helpline: 800-444-6443

Guide to Selecting and Monitoring Brain Injury Rehabilitation Services
(put the above in their search box and click Go to find)

Where to Turn...**Your guide to Federal Disability Policies & Programs** was supported by US Department of Health and Human Services Administration and

the Brain Injury Association of America. *(This page has various direct links to informative booklets in text or pdf files.)*

www.bobwoodrufffamilyfund.org

Bob Woodruff Family Fund for TBI

www.nashia.org

National Association of State Head Injury Administrators

assists state government in promoting partnerships and building systems to meet the needs of individuals with brain injury and their families.

www.ninds.nih.gov/health_and_medical/disorders/tbi_doc.htm

National Institute on Neurological Disorders and Stroke's: Brain Injury information

<http://www.myvitalconnections.org/webmanualspreview.nsf/3478d43e5c5c8dcb85256ae60061f897/0b161e36310251d085256b4200534084!OpenDocument>

Shepherd Center Learning Connections: Brain Injury Course

An online course for patients and their families.

www.tbi.org/

Perspectives Network, Inc.'s primary focus is positive communication between persons with brain injury, family members/caregivers/friends of persons with brain injury, those many professionals who treat persons with brain injury and community members in order to create positive changes and enhance public awareness and knowledge of acquired/traumatic brain injury.

www.internationalbrain.org

International Brain Injury Association is dedicated to providing international leadership, advancing opportunities and successes for persons with brain injury.

www.neuro.pmr.vcu.edu

National Resource Center for Traumatic Brain Injury at Virginia Commonwealth University provides relevant, practical information for professionals, persons with brain injury, and family members.

www.dvbic.org

Defense and Veterans Brain Injury Center (DVBIC)

serves active duty military, their dependents and veterans with traumatic brain injury (TBI) through state-of-the-art medical care, innovative clinical research initiatives and educational programs.

<http://www.brainandspinalcord.org/>

Brain and Spinal Cord Injuries

Information and blogs on these two topics.

<http://www.nabis.org/careercenter>

North American Brain Injury Society's Brain Injury Career Center

For professionals who work with people with brain injuries.

<http://www.scvmed.org/portal/site/scvmc/>

Santa Clara Valley Medical Center's Rehabilitation TBI program.

Santa Clara, CA

Phone: 408-885-2000

www.bafound.org

Brain Aneurysm Foundation

Boston, MA

Phone: 617-723-3870

www.tbirecoverycenter.org

Brain Injury Recovery Self Help Directory

PO Box 753

Chestertown, MD 21620

Online clearinghouse of websites pertaining to brain injury. Also available in print for \$25.00 for two updates per year.

www.americanbraincoalition.org

American Brain Coalition

1080 Montreal Ave.

St. Paul, MN 55116

Phone: 763-557-2913

A non-profit organization whose main goal is to reduce the burden of brain disorders. For patient advocacy groups, scientific societies, and medical associations to join forces to advocate for biomedical research and other areas of common interest.

<http://free.braininjurypartners.com/>

Brain Injury Partners: Navigating the School System

www.sfn.org

Society for Neuroscience

11 Dupont Circle, NW Suite 500

Washington, DC 20036

Phone: 202-462-6688

Advances the understanding of brain research by providing info to the public and to neuroscientists.

<http://www.dontshake.com>

National Center on Shaken Baby Syndrome

2955 Harrison Blvd #102

Ogden, UT 84403

Phone: 801-627-3399
888-273-0071

Kits

Heads Up: Concussion in High School Sports: Free Info for Coaches. Centers for Disease Control, February 2005. Includes video, fact sheets, posters, wallet card, and CD-ROM.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click the Lending Library tab.

Books

- Abrahamson, Patt with Jeffery Abrahamson. **Brain Injury: A Family Tragedy.** Houston, TX: HDI Publishers, 1997.
- Acorn, Sonia and Penny Offer. **Living With Brain Injury: A Guide for Families and Caregivers.** Toronto, Canada: University of Toronto Press Incorporated, 1998.
- Aloni, Ronit and Shlomo Katz. **Sexual Difficulties After Traumatic Brain Injury and Ways to Deal With It.** Springfield, IL: Charles C. Thomas Publisher Ltd., 2003.
- Bauser, Nancy. **Acceptance Groups for Survivors: A guide for facilitators.** 1st Books, 2000.
- Bellenir, Karen. **Brain Disorders Sourcebook.** Detroit, MI: Omnigraphics, Inc., 1999.
- Biagioni, Janelle Breese. **A Change of Mind: One Family's Journey Through Brain Injury.** Wake Forest, NC: Lash & Associates Publishing/Training Inc, 2004.
- Brain Injury Association of America. **National Directory of Brain Injury Rehabilitation Services.** Alexandria, VA: Brain Injury Association of America, 1998. May 2003-2004 Edition. Includes CD-ROM.

- Brain Injury Association of New Jersey. **Brain Injury: When the Call Comes—A Congregational Resource**. Edison, NJ: Brain Injury Association of NJ, 2005.
- Brennan, Karen. **Being With Rachel**. New York, NY: W.W. Norton & Company, 2002.
- Brown, Alice L. **Amazing Lady: There is Life After Brain Injury**. Baltimore: PublishAmerica, 2002.
Brown was injured in a fall from her horse and fights to resume her career as a schoolteacher.
- Bryant, Beverley. **In Search of Wings**. South Paris, ME: Wings, 1992.
Autobiography
- Bryant, Beverley. **To Wherever Oceans Go**. South Paris, ME: Wings, 1996.
- Calderwood, Lynsey. **Cracked: Recovering After Traumatic Brain Injury**. London, ENG: Jessica Kingsley Publishers, 2003.
Autobiography
- Camp, Dora. **Brainstorming: Life After Acquired Brain Injury**. Fort Bragg, Calif.: Cypress House, 2005.
- Cantu, Robert C. **Neurologic Athletic Head and Spine Injuries**. Philadelphia, PA: W. B. Saunders Company, 2000.
- Carey, Kevin D. **Transcending: An Artist's Journey Back From Traumatic Brain Injury**. Enyon, Penn.: Avventura Press, 2006.
- Cicala, Roger S. **The Brain Disorders Sourcebook**. Los Angeles, CA: Lowell House, 1999.
- **Climbing the Mountain: Stories of Hope and Healing after Stroke and Brain Injury**. Edited by Candis Fancher, Lindsey McDivitt, and Jacquelyn B. Fletcher. Minneapolis: Fairview Press, 2008.
- Cohen, Lainie. **Crooked Smile: One Family's Journey Toward Healing**. Toronto, Canada: ECW Press, 2003.
- Coskie, Dixie Fremont-Smith. **Unthinkable: A Mother's Tragedy, Terror and Triumph through a Child's Traumatic Brain Injury: A Caregiver's Companion**. Deadwood, Ore.: Wyatt-MacKenzie Publishing, 2010.
- Cramer, Jody. **An Excellent Life: One Family's Experience with Traumatic Injury**. Bloomington, Ind.: AuthorHouse, 2006. Foreward by James Brady.
Her son Michael was injured in an auto accident at the age of 22.

- Crimmins, Cathy. **Where is the Mango Princess? A Journey Back From Brain Injury.** New York, NY: Vintage Books, 2000.
A wife's story after her husband endures brain injury.
- Davies, Patricia. **Starting Again: Early Rehabilitation After Traumatic Brain Injury or Other Severe Brain Lesion.** New York, NY: Springer-Verlag, 1994.
- DeBoskey, Dana S. **Coming Home: A Discharge Manual for Families of Persons with a Brain Injury.** Houston, TX: HDI Publishers, 1996.
- Del Buono, Barbara. **Acknowledged a Man: Survivor of Assault in the YMCA.** Watertown, CT: Ellingswood Press, 1998.
- Dell Orto, Arthur E. and Paul W. Power. **Brain Injury and the Family.** Boca Raton, FL: CRC Press LLC., 2000.
- DePompei, Roberta. **All About Me! My Life as a Teenager.** Wake Forest, NC: Lash & Associates Publishing, 2000. A notebook for students to fill in to prompt their memory about things like the name of their school and teachers.
- Denton, Gail L. **Brainlash: Maximize Your Recovery From Mild Brain Injury.** New York, NY: Demos Health, 2008.
Written by a psychotherapist who is a brain injury survivor.
- Dolen, Carolyn E. **Brain Injury Rewiring for Loved Ones: A Lifeline to New Connections.** Enumclaw, Wash.: Idyll Arbor, 2010.
- Dolen, Carolyn E. **Brain Injury Rewiring for Survivors: A Lifeline to New Connections.** Enumclaw, Wash.: Idyll Arbor, 2010.
- Driscoll, Patricia P. and Celia Straus. **Hidden Battles on Unseen Fronts: Stories of American Soldiers with Traumatic Brain Injury and PTSD.** Philadelphia: CaseMate, 2009.
- Esherick, Joan. **The Journey Toward Recovery: Youth with Brain Injury.** (Youth with Special Needs series). Broomall, PA: Mason Crest Publishers, 2004.
Written for children and teens.
- Fairclough, Philip L. **Living with Brain Injury.** Philadelphia, PA: Jessica Kingsley Publishers, 2002.
A brain injury survivor.
- Freeman, E.A. **Brain Injury & Stroke: A Handbook to Recovery.** Australia: Hale & Iremonger, 1998.

- Gosling, Geo. **TBI Hell: A Traumatic Brain Injury Really Sucks.** Denver, Colo.: Outskirts Press, 2006.
- Grace, Stephen. **Under Cottonwoods: A Novel of Friendship, Fly Fishing and Redemption.** Guilford, CT: Lyons Press, 2003.
Fiction about a friendship between a brain-injured man and a man in the community who takes him fly fishing and camping.
- Glang, Ann. Ph.D., McKay Moore Sohlberg. Ph.D. and Bonnie Todis. Ph.D. **Compensatory Systems: For Students with Brain Injuries.** Wake Forest, NC: L&A Publishing / Training, 1999.
- Gosling, Geo. **TBI Hell: A Traumatic Brain Injury Really Sucks.** Denver, Colo.: Outskirts Press, 2006. biography
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- Hernandez, Maria Antonia. **Silent Screams: Stories of Traumatic Brain Injuries.** Xlibris Corporation, 2002.
- Hughes, Kathy with Rita Milios. **God Isn't Finished with Me Yet!** St. Louis, MO: Hardbound, Inc., 1990.
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- Jandial, Rahul. **100 Questions & Answers About Head and Brain Injuries.** Sudbury, Mass.: Jones and Bartlett Publishers, 2009.
- Johns, Amber J. **Our Journey with Joshua.** Bloomington, Ind.: AuthorHouse, 2005. Biography written by Joshua's sister documenting his recovery from TBI.
- Lancaster, Steven Kirk. **Life After a Head Injury.** Bloomington, Ind.: AuthorHouse, 2005. biography
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Poetry with pictures of brain injured people. Glossary and appendix on brain injury.
- Lewis, Simon. **Rise and Shine: The Extraordinary Story of One Man’s Journey from Near Death to Full Recovery.** Santa Monica, Calif.: Santa Monica Press, 2010.
- Long, PJ. **Gifts From The Broken Jar: Rediscovering Hope, Beauty, and Joy.** Culver City, CA. EquiLibrium Press, Inc., 2005.
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- Marion, Donald. **Traumatic Brain Injury.** New York, NY: Thieme Medical Publishers, 1999.
- Martin-Urban, Judy and Courtney Martin Larson. **I Can’t Remember Me: Recovery After Traumatic Brain Injury.** Austin, Texas: LangMarc Publishing, 2006.
- Mason, Douglas J. **The Mild Traumatic Brain Injury Workbook.** Oakland, CA: New Harbinger Publications, 2004.
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- Mogerma, Sol. **Objects in Mirror Are Closer Than They Appear.** Lincoln, NE: People With Disabilities Press, 2001.
Personal story of accident and recovery.
- Morningstar, Louise Ray with Alexia Dorszynski. **Journey Through Brain Trauma: A Mother’s Story of Her Daughter’s Recovery.** Dallas: Taylor Publishing, 1997.
- O’Connor-Barnett, Linda. **I Can’t Cry In Colors.** 1st Books Library, 2002.

- Osborn, Claudia L. **Over My Head.** Kansas City, KS: Andrews McMeel Publishing, 1998.
A doctor's personal story of head injury.
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Autobiography.
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- Richmond, Beverly June. **View from the Bedpan.** Ontario, Canada: Epic Press, 2002.
Autobiography focusing on the healing process.
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Children's fiction about an elephant with a brain injury.
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Dr. Stoler is living proof of an undiagnosed condition and its ability to forever change your life.
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- Stumbo, Janet A. **Endless Journey**. Santa Ana, CA: OEP Foundation, 1998.
A doctor endures a head-trauma and her incredible rehabilitation.
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Thomas' husband, Rich, was brain injured when hit by a car.
- Tyler, Janet Siantz and Mary P. Mira. **Traumatic Brain Injury in Children and Adolescents: A Sourcebook for Teachers and Other School Personnel.** Austin, Texas: Pro-Ed, 1999. 2nd ed.
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- Woo, Buck H. and Shanker Nesathurai. **The Rehabilitation of People With Traumatic Brain Injury.** Boston, MA: Boston Medical Center, 2000.
- Woodruff, Lee and Bob. **In An Instant: A Family's Journey of Love and Healing.** New York: Random House, 2007.
Woodruff, an ABC News Anchor, was brain injured while reporting in Iraq. Also available in audioCD.
- Wright, Helene. **Someone Stole Yesterday.** Franklin, TN: Providence House Publishers, 2000.
Biography.

Videos

- **Advancements in Traumatic Brain Injury.** Princeton, NJ: Films for the Humanities & Sciences, 1997. (19 minutes)
- **Acquired Brain Injury: Teens Talking to Teens.** Wake Forest, NC: Lash & Associates Publishing/Training. VHS (25 minutes)
- **Brain Injury Dialogues.** www.braininjurydialogues.org 2009 DVD (52 min.) Documentary on Rick Franklin's brain injury.
- **Breakaway...a tale of two survivors.** Boston, MA: Fanlight Productions, 2000. (45 minutes)
Documentary of one brain injury survivor who is now a caregiver to a more severely injured brain injury survivor.
- **The Critical Link: CHR's and Traumatic Brain Injury in Indian Country. Brain Injury Awareness for Community Health Representatives.** Albuquerque, NM: New Mexico Aging & Long-Term Services, 2009. DVD (35 min.)
- **Every 21 Seconds: Living with a Brain Injury.** Sherborn, Mass.: Aquarius Health Care Media, 2007. (60 minutes) DVD 8 stories of brain injury narrated by Woody Harrelson. Title on DVD when played is Every 21 Seconds Or Why I Scream at the Refrigerator. Other title is from box.
- **Every 21 Seconds...Or Why I Scream at the Refrigerator.** New Mexico Brain Injury Advisory Council, 2005. 8 stories of brain injury narrated by Woody Harrelson.
- **In Harm's Way: Traumatic Brain Injury in Young Children. Brain Injury Awareness for Head Start Providers.** Albuquerque, NM: New Mexico Aging & Long-Term Services, 2009. DVD (39 min.)
- **The Incremental Injury: Living Day to Day with a Brain Injury.** Sherborn, MA: Aquarius Health Care Videos, 2004. 29 Minutes.
- **The Injured Brain: Closed Head Trauma.** Princeton, NJ: Films for the Humanities & Sciences, 1994. VHS and DVD 19 minutes.
- **Life Goes On: Inside the Lives of Families of Youth with Brain Injuries.** Wake Forest, NC: Lash & Associates, 2000. VHS (30 min.)
- **Living with Brain Injury – A Guide for Families.** Birmingham, AL: HealthSouth Press, 1999. (75 minutes)
- **The Loss of Nameless Things.** PBS Home Video, 1008. DVD (83 minutes)

- Oakley Hall III, a theater founder, loses his creativity and personality after a fall off a bridge.
- **Peter Wegner is Alive and Well and Living in Providence.** New York, NY: Filmmakers Library, 2002. (20 minutes)
 - **Programming the Dysfunctional Brain: Discover Options for the Treatment of Cerebral Palsy & Traumatic Brain Injury.** Cicero, NY: Program Development Associates, 2000.
 - **The Puzzle Club: Brain Injury Survivors Talk and the Making of the Puzzle Club.** Cicero, NY: Program Development Associates, 2005.
 - **Rebuilding the Brain: Adult Brain Stem Cells.** Princeton, NJ: Films for the Humanities & Sciences, 2002. (21 minutes)
 - **Regarding Henry.** Paramount. 1991 film. (107 min.) DVD 2003. Harrison Ford stars as a lawyer who suffers a TBI due to gunshot and must learn to walk, talk and read again.
 - **The Silent Epidemic: Mild Traumatic Brain Injury. Part One: Identification & Diagnosis, Part Two: Management of MTBI.** Albuquerque, NM: New Mexico Aging & Long-Term Services, 2009. DVD
 - **Understanding Brain Injury: What You Should Know About Brain Injury and Recovery.** Atlanta, Ga.: Shepherd Center, 2011. DVD (50 minutes)
Produced by the Shepherd Center in collaboration with the American Trauma Society, the Brain Injury Association of America and the Christopher & Dana Reeve Foundation. Visit www.BrainInjury101.org to view the video online and download a copy of the companion booklet.
 - **When Billy Broke His Head...and Other Tales of Wonder.** Boston, MA: Fanlight Productions, 1994. (56 minutes)
“An entertaining and funny film about disability, civil rights, and the search for intelligent life after brain damage.”
 - **Wipe Out.** National Film Board of Canada. 2008 DVD (51 minutes).
Documentary on 3 young men who became brain injured while pursuing extreme sports.
 - **Without Warning: The James Brady Story.** HBO Video, 1991. (88 minutes)
Beau Bridges plays Presidential Press Secretary Brady .

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