
Trauma and the Brain: Common Brain Injuries After a Car Accident

A print-friendly checklist for protecting your health and your proof after a suspected concussion or other TBI.

Fast Actions (First 72 Hours)

- Get evaluated if you have red-flag symptoms or you were knocked out.
- Start a symptom log the same day: headache, dizziness, fog, sleep, mood.
- Photograph the vehicles, the inside of the cabin, and visible marks.
- Save discharge papers, work notes, prescriptions, and follow-up orders.
- Write down witness names and the first people you called after the crash.

Symptom-to-Function Notes (Use Daily)

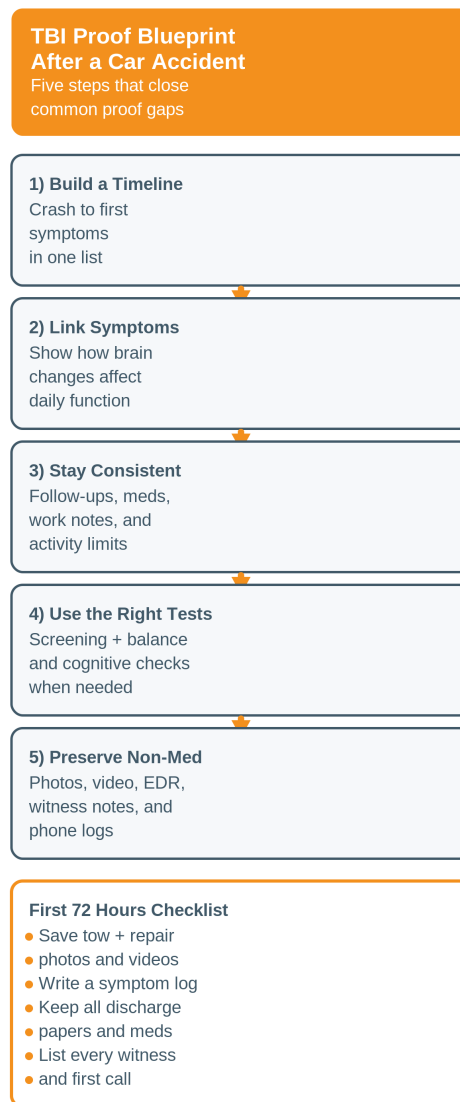
These notes help connect symptoms to real-world limits without guessing.

| Symptom | What it changed today |
|----------------------|--|
| Headache / pressure | Work, screen time, driving, noise, sleep |
| Dizziness / balance | Stairs, showering, quick turns, shopping |
| Fog / memory issues | Meetings, multitasking, following directions |
| Mood / sleep changes | Irritability, anxiety, naps, insomnia |

If symptoms change or worsen, seek medical care. In an emergency, call 911.

Infographic 1: TBI Evidence Blueprint

Use this as a quick map for building a clear record after a suspected TBI.



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Infographic 2: Defense vs Evidence

Common insurer narratives, paired with the documentation that answers them.

| TBI Defense vs Evidence Anchors Match the story to the record you build | |
|--|--------------------------------------|
| Defense Angle | Evidence Anchor |
| Low impact means no TBI | Body-force can still jolt the brain |
| No head strike, so no injury | ER notes + symptom log same day |
| CT/MRI normal, so you are fine | Normal scans do not end symptoms |
| It is pre-existing | Prior baseline records + new changes |
| You are fine now | Work + home limits and follow-ups |

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Free Case Review: What We Do First

Babcock Injury Lawyers helps families and injured people protect evidence, spot deadlines, and build trial-ready cases when needed.

When to Reach Out Quickly

- You have worsening head symptoms or you were unconscious at any point.
- There is a dispute about whether you hit your head or the crash was “low impact.”
- You have gaps in care, missed work, or changing job duties because of symptoms.
- A recorded statement or quick settlement offer is being pushed early.

Contact

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This toolkit is general information and is not legal advice. Deadlines and requirements depend on the facts.