



CHRONIC TRAUMATIC ENCEPHALOPATHY (CTE)

Chronic Traumatic Encephalopathy (CTE) is the name given to a form of irreversible, progressive brain damage for which no proven cause has been established but from initial research appears to be linked to repeated mild trauma to the brain.

The long term effects of this condition include depression, movement and coordination disorders, personality change, aggression and dementia. CTE has recently been the subject of media coverage as a result of a \$765 million legal action brought by 4,500 retired players against the NFL. Currently there is no screening test available for CTE and little is known about who might be susceptible to developing CTE or how to prevent it.

The main UK Sports Governing Bodies have therefore agreed that the best way to protect sportsmen and women is to ensure that anyone who sustains a head injury is fully assessed before being allowed to return to play. This includes athletes diagnosed with concussion who are recommended to follow a graduated exercise program before being passed as 'fit to return to sport' by a suitably qualified and trained doctor.