

91%

of **concussions**
in high school
cheerleading happen
during stunts.

**Know your limits.
Use spotters.
Practice on soft
surfaces.**



Learn more:
www.cdc.gov/HEADSUP



Source: Marar M, McIlvain N, Fields S, Comstock RD. Epidemiology of concussions among United States high school athletes in 20 sports. *Am J Sports Med.* 2012;40(4):747-755.