



**mike**

## Traumatic Brain Injury

“Three years ago, I went out with a friend to the dirt track in our park. I loved off-roading and had this really cool BMX bike. We were racing down this really steep hill. I hit a rock, fell off my bike and hit a tree with my head. I don’t remember much. I just remember my friend shouting at me and the next thing I knew, I woke up in hospital three weeks later.

The nurses said I had had a nasty head injury and that I was very lucky to be alive. They said that I had something called a cerebral haematoma which meant that my brain had been badly knocked and had started to bleed.

I was in hospital a long time. I had left my bike helmet at home that day. If I had been wearing it, I probably wouldn’t have hurt my head anywhere near as badly. My friend always wears his whenever he goes out on his bike. Seeing me so ill in hospital really frightened him.”

