

***LIMBIC-CENC Clinical Care Monographs:***  
**Persistent Symptoms after mild TBI: Balance**

**Key Finding:** LIMBIC-CENC researchers found that SMs/Vs with 3 or more mild TBIs had a small decrease in balance performance on computerized posturography.<sup>1</sup>

**Perspective:** There is an apparent cumulative ‘dose effect’ of mild TBI on balance performance that, although not large, may present a clinical problem for some Servicemembers and Veterans.

**Clinical Pearls:**

- Repetitive mild TBI should raise the index of suspicion for balance problems and potential need for treatment.
- Secondary TBI prevention strategies are increasingly important as the number of mild TBIs sustained increases in order to limit late effects of mTBI.

**References:**

1. Walker WC, Nowak KJ, Kenney K, Franke LM, Eapen BC, Skop K, Levin H, Agyemang AA, Tate DF, Wilde EA, Hinds S, Nolen TL. Is balance performance reduced after Mild Traumatic Brain Injury?: Interim analysis from Chronic Effects of Neurotrauma Consortium (CENC) multi-centre study. *Brain Inj.* 2018;32(10):1156-1168. doi: 10.1080/02699052.2018.1483529. Epub 2018 Jun 12. PMID: 29894203.

*n.b.: The ‘Perspectives’ and ‘Clinical Pearls’ expressed are based on interpretation of findings from the described Long-term Impact of Military-related Brain Injury Consortium/Chronic Effects of Neurotrauma Consortium (LIMBIC-CENC) research studies and their assimilation with the extant literature. These views are endorsed by LIMBIC-CENC leadership but may vary across individual researchers. All findings involve Service Members (SMs), Veterans (Vs) or both.*

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