

Hockey helmet

Improvements in the modern [helmet](#) have demonstrated beneficial effects in reducing [concussion](#) risk in [football](#) players. However, previous studies yield conflicting results regarding the protective [quality](#) of leatherhead [football helmets](#). There is limited research comparing the modern football helmet and the modern [hockey helmet](#), with one previous study demonstrating the football helmet as providing a lower risk of concussion.

Huang et al. compared the head [acceleration](#) produced in a leatherhead football helmet vs a modern football helmet vs a modified modern football helmet with softer padding vs a modern hockey helmet in helmet-to-helmet strikes.

[Accelerometers](#) were placed on the frontal, apex, and parietal regions of a Century Body Opponent Bag manikin. Each type of helmet was placed on the manikin and struck by a swinging modern football helmet. The G-force acceleration was determined in three-dimensional axes of 100 total helmet-to-helmet impacts.

The leatherhead football helmet was the least protective in reducing G-forces. The modified modern football helmet did not provide a significant difference compared with the modern football helmet. Significantly greater G-forces were produced in a collision between 2 modern football helmets in comparison with 2 modern hockey helmets.

The leatherhead football helmet was the least protective, and the hockey helmet was the most protective, with the football helmet being intermediate. This study provides additional insight into the inconclusive evidence regarding the safety of leatherhead football helmets and into the design of football and hockey helmets in the future ¹⁾

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Huang JJ, Goya KN, Yamamoto BE, Yamamoto LG. Comparing Impact and Concussion Risk in Leatherhead and Modern Football and Hockey Helmets. *Neurosurgery*. 2023 Jan 13. doi: 10.1227/neu.0000000000002355. Epub ahead of print. PMID: 36637294.

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