



Supplements and Medicines for Headaches after a Sports Concussion

Discuss with a medical provider before taking any supplements or medicines and the proper dose for you

Headache

For an active headache

Tylenol only when needed is the typical medication used for headaches during a sports concussion. Discuss with your medical provider to see if the right medication for your situation.

Ibuprofen and Naproxen only when needed are also used, although there may be rebound headaches- the headache comes back “worse than before” once the medication wears off.

Daily to help prevent headaches from coming back

Vitamin B2 (riboflavin) everyday (200mg-400mg daily)

Magnesium glycinate everyday (400-800 mg daily)

OR together in one pill:

Migravent (online)

Vitamin B2, Butterbur, Magnesium, Coenzyme Q10

Not better but convenient in one pill once or twice a day

Over the counter medications and supplements can be considered to help relieve some concussion symptoms. The options are numerous and none have been “proven” or “absolutely successful” for every patient or situation. But because the risk of side effects is relatively low for each of them, and they are over the counter and relatively inexpensive, supplements are probably worth a trial before considering prescription medication. This is a partial list of supplements that may help reduce symptoms. None of them help prevent a concussion and none of them have been researched as treatments for every concussion. Even if taking a supplement or medicine- continue to follow school accommodations, modify sports participation, and follow doctor’s recommendations.

Help getting to sleep- up to 3 months

Melatonin: (3-10mg before bed)

Brain and Cardiac Supplement

Fish Oil: Omega 3 (500-1000mg daily) or
Co-enzyme Q10 (100-200mg daily)

Prescription Medications:

Amitriptyline, Topamax, Inderal, ADHD medications, SSRI (Zoloft or Prozac), and Imitrex are just a few medications considered if headaches are not resolved in 4 weeks or so after a head injury and post concussive symptoms are treated. Each have possible side effects, require a doctor to monitor, and are only appropriate for certain patients with certain conditions. Not all concussion patients need the same medication and one medication may greatly benefit one patient and potentially worsen another even if both have a concussion.

Medications NOT typically recommended to use with Concussion:

Narcotics, muscle relaxants, Benadryl - while appropriate medications in certain situations these are typically avoided during a concussion as common side effects include dizziness, nausea, sedation, and mental fogging. Because these are also common symptoms with concussion, it can be difficult to discern if from the medication or if the concussion is possibly not improving or worsening.