

# WHAT TO EXPECT IN YOUR RECOVERY



Common problems after a concussion injury include headaches, issues with sleep and fatigue, difficulties at school, emotional changes, and dizziness. In most children, these symptoms have resolved by four weeks. These symptoms can be related, in that if one gets worse the other may as well. eg. poor sleep often makes it difficult to cope with headaches and/or school work. Similarly, if you work on managing one issue, another will improve. You will also benefit from a healthy lifestyle; eat healthy food at regular mealtimes, drink enough water, and keep moving!

## FATIGUE AND SLEEP

Fatigue during the day can be mental, physical, or a combination of both. Your energy levels should return to normal within four weeks after your injury. Sleep can be disturbed after a head injury. Sometimes this means sleeping more, or sleeping less. Good sleep patterns are important in recovering from a concussion, and should return to normal within approximately two weeks from your injury

## DIZZINESS

You may experience any of the following;

1. Feeling like you've just got off a merry-go-round and are spinning, tipping, tilting, swaying, bobbing, bouncing, or sliding
2. Feeling like the room or world around you is moving
3. Feeling like you are falling and need to hold onto something
4. Feeling faint and light-headed
5. Blurred vision





## HEADACHES

Headaches often come with other symptoms such as light and noise sensitivity, or nausea. Children often describe their headache as a squeezing or throbbing pain. They may be triggered or get worse with exercise, school work, or when concentrating. They can make it more difficult to do school work or other activities. Short-term over the counter medications work well for headaches in most children. Be sure to follow the instructions on the packet. If your headache is very bad or seems to be getting worse you may need to see a doctor.

## SCHOOL

'Thinking' problems can make it harder to do your school work. These include;

- difficulty concentrating or paying attention, being easily distracted
- difficulties remembering things
- taking longer to process information and think of responses to questions
- not able to complete tasks

This can all affect how well you learn

## EMOTIONS AND MOOD

You may feel some of the following;

1. Sadness in having school, sports, lunchtime activities, and paid work restricted
2. More worried about things, or anxious in general
3. Frustrated at being tired and having no energy
4. Feeling isolated from your friends and classmates
5. Decreased motivation to participate in everyday activities and attend school
6. Anger if tasks that are usually easy are more difficult

**For further details refer to the individual Information Leaflets on these issues on this website. If you are doing all the things we have recommended and the symptoms are severe and/or you are still having problems four weeks after your injury, see your GP.**