

## **Emmilee Jordan**

### **My Concussion Story**

My name is Emmilee, I am seventeen, a homeschooled high school Junior, thespian, musician, singer, dancer, and a survivor of post-concussive syndrome. My first concussion was in the spring of 2016 while playing girls' soccer at the age of twelve. During my soccer career, I had more than four suspected concussions, yet only one of them was officially diagnosed by a physician. My concussions were the outcome of playing soccer in the defender position where I had player-to-player contact. Many times I would get hit on the field, "felt okay" and continued to play the game. Nonetheless, the repetitive impacts to my head resulted in misunderstood health symptoms which took me out of school, off the soccer field and resulted in a long road to recovery.

In the Spring of 2017, one year after my first diagnosed soccer concussion, I started experiencing daily symptoms such as lightheadedness, nausea, and sensitivity to light and sound, which kept me hostage in my home. My daily activities were limited; I was unable to attend school. The search for a cause, best physicians, and treatment consumed my parents' daily life. During this time I saw many doctors, had numerous tests, all of which resulted in multiple inaccurate diagnoses ultimately confusing our health journey.

By July of that same year, we were seen by a holistic/alternative physician who suggested that my symptoms may be the result of undiagnosed and untreated concussions. We started a new search and found a concussion specialist who confirmed that I had the symptoms associated with Post-Concussion Syndrome (PCS) as the result of playing soccer. Our prayers were answered, and I began my long and extensive treatment

plan which included chiropractic adjustments, vision therapy, homeopathy, light therapy, and other alternative treatments to begin healing.

Throughout the year to follow getting better and stronger was my daily goal. This meant sleeping as much as possible, avoiding all electronics, homeschooling when I could, keeping lights and sounds to a minimum, and a balanced diet. I would go to vision therapy and/or physical therapy three times a week and many times I felt worse before I felt better.

In time, I started to make slow improvements. I began doing new things such as drawing, writing poetry, playing, and writing music to pass the time. I left the house wearing special glasses and earplugs to alleviate my symptoms so that I could enjoy the things I love and found new activities away from playing contact sports. During this time, I developed a deeper interest in musical theater and incorporated singing, acting, and dancing into my life as part of my healing process.

Today, I am happy to report I am completely healed from my concussion. I enjoy performing on the musical theater stage and have been in multiple community theater productions. I am very thankful for my family and those who supported me through this time. My hope and goals are that my story can be helpful for someone else, providing encouragement and hope for a better tomorrow - even after a brain injury.