

Concussion

Acute Phase

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A concussion occurs when you have hit your head, or a whiplash type force on your head has caused a mild traumatic brain injury. Common symptoms after a concussion include; headache, fatigue, dizziness, nausea, sensitivity to light/sound, trouble with concentration and memory, and neck pain. You do not have to lose consciousness to have sustained a concussion. You should always consult a physician or medical professional after sustaining a suspected concussion. You should never return to the sport or activity the same day that you sustained the concussion injury.

Home Exercise

● *Walking Program:* A walking program is a great way to start doing activity again. Walk at a pace and duration that doesn't worsen symptoms, and repeat this a couple times per day.

For more information, visit
www.summitpt.ca



Tips From A Physiotherapist

- After a concussion, a period of physical rest and relative cognitive rest is necessary to allow time to heal. If symptoms worsen quickly and intensely, go to the hospital.
- Once able, daily activity levels should increase as long as symptoms do not worsen.
- Once daily activities are symptom free, it is okay to start a return to sport protocol.
- Acute symptoms should improve within the first 2 weeks, if symptoms continue to persist, having a further assessment may be beneficial.
- Before returning to sports, recreational activities or full school/work activities, you should be assessed and medically cleared by a physician.