

CONCUSSION MANAGEMENT FOR THE FIRST 48 HOURS

A CONCUSSION = BRAIN INJURY

THE FIRST 48 HOURS ARE CRITICAL TO BRAIN RECOVERY.
PLAYERS WILL NEED IMMEDIATE AND SUPERVISED (PARENT OR FRIEND)
PHYSICAL AND MENTAL REST FOR THE FIRST 3 HOURS.

REST = BORED !



SCAN ME



AVOID LIGHT, SHUT EYES,
WEAR SUNNIES (INSIDE
AND OUTSIDE), DARK
ROOMS AT HOME



LIMIT SCREEN USE – INCLUDES
PHONE, COMPUTER, TABLETS.
TV CAN BE ON BUT NATURE
DOCO ONLY



AVOID LOUD NOISES



IT IS SAFE TO SLEEP – IT IS
NOT NECESSARY TO WAKE A
CONCUSSED PERSON
DURING THE NIGHT.



EAT AND DRINK AS
NORMAL



NO ANTI-INFLAMMATORIES,
ASPIRIN OR STRONG PAIN MEDS.
PANADOL IS SAFE. ICE PACKS FOR
HEAD AND NECK.

COMMON CONCUSSION SYMPTOMS:

HEADACHE
LIGHTEADEDNESS
BLURRY VISION

RINGING IN THE EARS
FEELING TIRED/DROWSY
IRRITABLE/ANXIOUS/EMOTIONAL

SENSITIVITY TO LIGHT AND/OR SOUND
DIFFICULTY WITH WORD FINDING
REPEATING SENTENCES

RED FLAGS

VOMITTING

INCREASING HEADACHE, DIZZINESS AND/OR PAIN

CAN'T WAKE THEM UP

RED FLAGS = STRAIGHT TO HOSPITAL!



YOU WILL BE REQUIRED TO
FOLLOW UP WITH A GP IN
THE FIRST 48 HOURS POST
CONCUSSION.



Shire Balance Clinic
Vertigo and Dizziness

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ELITE
PHYSIOTHERAPY
MENAI CENTRAL