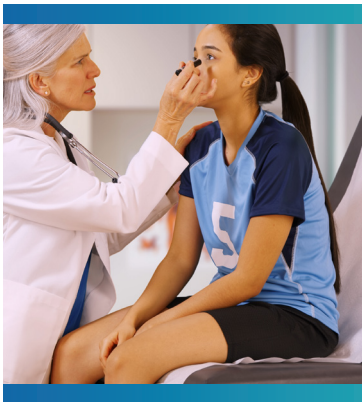




## What is a Concussion?

A concussion is a mild injury to the brain caused by impact to the head or body that results in rapid movement of the brain. This rapid movement of the brain can cause chemical changes, inflammation, and temporary disruption of normal brain function. Common symptoms of a concussion can be physical, cognitive, emotional, and sleep related. Possible symptoms are headache, amnesia, confusion, dizziness, nausea, balance issues, light/sound sensitivity, vision disturbances, fatigue, brain fog, difficulty concentrating, memory problems, slowed processing, irritability, anxiety, mood swings, depression, difficulty sleeping, and excessive sleepiness.

## Recommendations for recovery after a concussion:



1. Rest and consult with a medical professional – follow what your medical professional has recommended, take it easy for the first 24–48 hours post-concussion, and plan for a gradual return to daily activities
2. Continue to monitor symptoms – try to avoid aggravating symptoms of the concussion
3. Maintain or establish a good sleep routine, hydrate, and eat healthy to aid recovery
4. Follow the guidance from your physician, physical therapist, and athletic trainer during your recovery to ensure a safe return to your prior level of function.

## How can physical therapy help aid recovery from a concussion?

### Guided exertional training to return to prior activity level

A physical therapist can guide a person safely through the return to play protocol. The stages of return to play start with light aerobic activity for 10–20' and ultimately end with full return to game/competition play. Completing the return to play protocol will take at least one week.

### Cervical Spine Treatment

Neck injuries associated with concussions can cause headaches, limited mobility, and pain. Physical therapists can use modalities, manual therapy, prescribe stretching and strengthening exercises, and provide postural education to eliminate symptoms and restore mobility.

### Vestibular Rehabilitation

A physical therapist can assess dizziness, vertigo and balance problems and prescribe specialized exercises to alleviate symptoms.

### Visual and Oculomotor Training

A physical therapist can help alleviate visual disturbances by prescribing exercises to improve eye coordination, visual tracking, and focus.