

# Concussion

A mild brain injury that causes a temporary disturbance in cells due to acceleration or deceleration of the brain in the skull

## Reported Symptoms

Headache



Difficulty concentrating



Dizziness or vertigo



Blurred vision



Neck pain



## Visible Signs



Loss of consciousness



Balance problems



Blank or vacant stare



Clutching head



Slow to get up after a hit

When in Doubt  
**SIT OUT!**  
Them

Athletes suspected of suffering a concussion should be removed from play immediately and should not be allowed to return until cleared by a licensed healthcare professional



## Recovery Stages of Concussion for Athletes

- 1 Symptom-limited activity
- 2 Light cognitive activity
- 3 Half day of school/work
- 4 Full day of school/work
- 5 Return to physical activity
- 6 Specific sport activity
- 7 Non-contact practice
- 8 Medical clearance
- 9 Full practice
- 10 Game play

Concussion recovery should be managed by a licensed healthcare practitioner with training in concussion

## Concussion Treatment & Rehabilitation



Whiplash Therapy



Vestibular Rehab



Visual Rehab



Nutritional Intervention



Exercise Therapy



Education & Reassurance

Early intervention of various therapies can improve concussion recovery