

If you suspect a *concussion*

A concussion is a mild traumatic brain injury that can occur when the head, neck, or body experiences a blow, resulting in impulsive force transmitting to the brain that causes brain tissue to stretch, compress, and twist inside the skull.

Myths

Concussions only happen with:

- a direct hit to the head
- loss of consciousness
- sports activities

If you *suspect* concussion

See a qualified medical professional: primary care, urgent care, or emergency department



Concussion symptoms

- Dizziness or poor balance
- headache
- nausea
- vision issues
- difficulty remembering or concentrating
- mental fog, confusion
- neck pain/tenderness
- sensitivity to light and noise
- increased emotionality

Red Flag symptoms

Injury could be more severe; call 911 or go to emergency department if you have:

- Loss of consciousness
- seizures/convulsions
- slurred speech
- severe increasing headache
- weakness or tingling/burning in the arms or legs
- being agitated/combatative
- one pupil being larger than the other



Learn more at Concussionalliance.org, a nonprofit organization dedicated to creating resources to help everyone impacted by concussions learn how to manage recovery and inform healthcare providers on current best practices.



How to manage concussion recovery

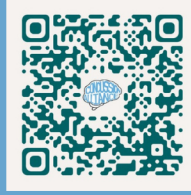
Avoid outdated advice

Do Not:

- rest in a dark room all day
- rest until symptoms resolve
- wear sunglasses indoors

All of these tactics have been found to **SLOW** recovery

Check out our resources



Exercise
Guidelines



Self-Care



Overview of
Treatments

First 24-48 hours

- Get checked by a qualified medical provider
- Relative rest: light physical and cognitive activities. All activities should “not result in more than a brief and mild” worsening of concussion symptoms (See ‘Exercise Guidelines’ QR code for more details)
- Reduce screen time (phone, laptop, etc) to a total of one hour per day for the first two days, then gradually increase as tolerated
- Stay connected: social visits in a calm environment; call friends, family
- Notify school or work that you have sustained a concussion.

After 48 hours

Gradually increasing your physical activity promotes recovery

Start with mild-intensity physical activity, such as walking or cycling on a stationary bike, and avoid contact, collision, or fall risk

Return to work or academics gradually, with adjustments or accommodations

When to seek additional care for symptom rehabilitation:

1. If symptoms are “**persisting, worsen, or are not progressively resolving,**”¹ seek care **between 2 and 4 weeks post-concussion.** Look for a comprehensive evaluation and referral to rehabilitation, such as physical, occupational, or cognitive rehab therapy.
2. **Headache, dizziness, neck pain, and/or sleep problems lasting >10 days:** guidelines recommend starting cervicovestibular therapy (from a physical therapist) or evaluation/treatment for sleep dysfunction.¹

1. Patricios JS, Schneider KJ, Dvorak J, et al. Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sports—Amsterdam, October 2022. *British Journal of Sports Medicine* 2023;57:695-711.