

CONCUSSION RECOMMENDATIONS FOR A SPEEDY RECOVERY

A concussion, also known as a mild traumatic brain injury (mTBI), is caused by a blow or jolt to the head that disrupts normal brain function. It commonly occurs due to falls, sports injuries, or auto accidents. Symptoms range from headaches, dizziness, and visual disturbances to confusion, fatigue, and difficulty sleeping. Seeking immediate medical attention is important if symptoms worsen or new ones appear.



RECOMMENDATIONS

Have someone stay with you for the first 24 hours and observe you regularly.

Seek immediate medical attention for signs that could indicate a more threatening injury.

Sleep with your head slightly elevated for the first 24 hours.

Avoid stressful physical and mental activity for the first 24 hours, like school, work, texting, driving, etc.

Drink only clear fluids for the first 8-12 hours. Then, begin with light meals and progress to a normal diet over the next day.

Avoid sedatives, sleeping pills, aspirin, and Ibuprofen.

TREATMENT ADVICE

Treatment involves rest and avoiding strenuous activity to allow the brain to heal fully. Returning to physical activity should only be considered after evaluation by a concussion management professional, as multiple concussions can have severe consequences.