



WHAT TO DO FOLLOWING A CONCUSSION

- **First 48 hours**
 - Relative rest from physical activity and cognitive load
 - *Do not* stay in a dark room
- **After 48 hours**
 - Begin a gradual return to activities of daily living
 - Can begin light physical activity (e.g. biking, walking)
 - Stay below your sub-symptom threshold / level of activity that triggers symptoms



Education proudly
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*Early intervention can help reduce
the risk of reinjury or developing
prolonged symptoms*



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SEEK IMMEDIATE CARE

- Worsening headache
- Slurred speech
- Weakness or numbness in limbs
- Increased pupil size
- Inability to recognize familiar faces or places
- Significant balance difficulties
- Experiencing seizures
- Repeated vomiting
- Increased drowsiness, confusion, or irritability



Concussion Management



Banff Sport Medicine

WHAT IS A CONCUSSION?

- A Mild Traumatic Brain Injury (mTBI) that causes a *temporary* disruption of brain function and mental status
- Caused by a direct or indirect force to the head
- Involves a whiplash component

COMMON SYMPTOMS

- Headache
- Dizziness or balance problems
- Fatigue
- Neck pain
- Nausea and vomiting
- Emotional symptoms such as sadness, frustration, nervousness, anxiety, irritability, anger
- Cognitive symptoms such as foginess, slower thinking speed, difficulty concentrating or remembering

HOW A PHYSIOTHERAPIST CAN HELP

- Early detection
- Determine the origin of symptoms and treat appropriately as not every concussion is the same!
- Determine your **sub-symptom threshold** / level of activity that doesn't trigger symptoms and help you increase this threshold
- **Vestibular-ocular rehab** to retrain your eyes and brain to work together again
- Reduction of symptoms associated with returning to work / school
- Sleep, nutrition, and hydration education to help with management and reducing long-term effects

Guidance from a qualified healthcare professional is recommended at all stages of recovery

HOW A PSYCHOLOGIST CAN HELP

- Coping skills
- Identify and address mood, stress, and anxiety

RETURN TO WORK, SCHOOL, ACTIVITY

- Brain recovery can continue after symptoms resolve, so it's important not to return to work/school/activities too soon
- Returning takes a graduated, step approach

RECOVERY TIMELINES

- **Most** adults and children recover within 4 weeks
- Some symptoms can be experienced for longer

To book a service that could support your recovery (physiotherapy, psychology, massage, dietetics) call 403 760 2897 x3 or scan the QR code

