

Concussion Treatment

Initial rest during the first 24-48 hours is important. It is fine to continue with light activity, as long as it does not make symptoms worse.

Avoid any high risk or contact activities (sports, PE, bike riding, driving, etc) until all of your symptoms have resolved.

It is important to limit activities that require a lot of thinking or concentrating (homework, computer, television time), as this can also make your symptoms worse and delay recovery. Your brain needs to rest.

Once you no longer have symptoms and believe that your concentration and thinking are back to normal, you can slowly return to your daily activities.

Monitoring recovery and return to activity often requires help from parents, teachers, coaches and athletic trainers.

Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends. Keep naps under one hour
2. Limit activities that make your symptoms worse. This includes both physical and cognitive (thinking) activities.
3. Drink lots of fluids and eat regularly to maintain blood sugar levels.
4. As symptoms decrease, you may begin to gradually return to daily activities. If symptoms worsen with return to activity, lessen your activities, wait a few days and then try again.
5. During recovery, it is normal to feel frustrated and sad when you do not feel right and cannot be as active as usual.
6. Repeated evaluation of your symptoms is recommended to help guide recovery.

Returning to School

1. If you are still having symptoms of concussion, you may need extra help to perform school related activities. As your symptoms decrease during recovery, the extra help or support can be gradually removed
2. Inform the teachers, school nurse and administrator or counselor about your injury and symptoms. Share your personal concussion care plan with them.

