



CONCUSSION

What is Concussion?

A concussion is a mild traumatic brain injury that occurs when there is either a direct impact to the head or body that transmits force to the head. It is a complex injury to diagnose as there is often no structural damage that shows up on medical imaging, however, neurological symptoms are extremely common. Symptoms can evolve over time and approximately 30% of individuals may have persistent symptoms. Symptoms can vary and include headaches, dizziness, memory issues, fogginess, mood changes etc.

How can we help?

Your rehabilitation may involve the following:

- Assessment and management of the neck and vestibular system
- Exercise tolerance testing
- Active rest/ recovery guidance
- Treatment for symptoms i.e. headaches, dizziness
- Improving Strength & Endurance
- Return to Learn/ Work protocols
- Return to Play protocols



Services

- Early assessments
- Assessments for persistent symptoms
- Baseline Assessments
- Learning Resources
 - Information sessions
 - Workshops and education
 - Online learning