

CONCUSSION: MANAGING ONGOING ISSUES

Concussions can cause symptoms that last longer than a few weeks. If you continue to experience symptoms, there are many treatment options to help you get better. Consider seeking help if your symptoms aren't resolving.

WHAT YOU CAN DO



Pace Yourself

Alternate activity and rest. Try not to do too much, or too little. Keep things consistent.



Gradually Increase

Return to activities gradually, adding slowly over days or weeks. Don't rush into things.

TREATMENT OPTIONS



Neck pain and whiplash

See a physiotherapist or chiropractor



Sleep problems

See an occupational therapist or sleep specialist



Headache

Ask your doctor about medication, consider physiotherapy and exercise



Mood issues or anxiety

See a psychologist or clinical counsellor and occupational therapist



Cognitive problems

See an occupational therapist or neuropsychologist



Fatigue

See an occupational therapist or physiotherapist and consider exercise



Dizziness / Vestibular problems

See a vestibular physiotherapist



Difficulty getting back to school or work

See an occupational therapist



Visual problems

See an optometrist or occupational therapist



Light, sound or sensory sensitivity

See an occupational therapist



Trouble with exercise

See a physiotherapist or athletic therapist



Not sure what you need?

Give us a call and we can try to connect you with local resources (public or private)

If symptoms last more than a few weeks, reach out for help. You don't need to suffer alone.

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