

# Concussion Advice

## Brief Rest

Rest should be limited to 24-48 hours. Walking and normal daily activities can be done as early as the first day. Start to slowly progress back to other non-contact activities after 24-48 hours as tolerated.

- › Getting back to normal routines helps with recovery. Long absences from school/work tend to prolong and/or worsen symptoms.
- › Take frequent breaks and limit multitasking if it provokes symptoms.
- › Avoid excessive use of screens (TV, phone, and computer) for the first 48 hours as needed. Prioritize schoolwork.
- › Keep a normal sleep routine – Focus on getting a good night's sleep. Limit naps after the first 24-48 hours.

## Exercise / Movement

Exercise and movement have been shown to speed recovery. This should be noncontact/low impact types of activity to start.

- › Initiate light cardiovascular exercise as soon as tolerated. Examples include brisk walking and light spinning on a bike.
- › Do not resume high risk or contact sports/activities without clearance from your healthcare provider.

## Symptom Management

Limit activities that worsen symptoms. A concussion patient does not need to be woken up at night. A good night's sleep is helpful, but a concussed person should not be alone the first night in the event symptoms worsen.

- › Simple steps to avoid other reasons for headaches include eating healthy, getting good sleep, and staying hydrated. Foods rich in omega-3s, protein and antioxidants help the brain heal.
- › It is ok to use acetaminophen (Tylenol) for a headache after a concussion. NSAIDs (ibuprofen, naproxen) should be avoided until cleared by your physician to do so as they can increase the risk of bleeding.
- › It is important to see your provider as recommended so that if you need additional support to help with your symptoms they can be initiated promptly.
- › 90% of sports-related concussions heal within 4 weeks when treated properly.

## Return to Learn / Work

Accommodations can be provided as needed to help with return to school/work. Athletes need to be attending full days of school before they can resume their sport. ~93% of athletes don't need school accommodations.

## Return to Sport / Activities

A supervised graded progression is necessary to safely return to sport/activity. Our team will use the latest guidelines to assist with sport-specific return to activity.



To schedule an appointment in Park City with Dr. Jaworski or Dr. Testa, call 435-333-3535.

To schedule an appointment in Heber with Dr. Tullis, call 435-657-4400.