



## Early Concussion Management Fact Sheet

### **Early Management:**

- **REST** - cognitive rest - avoid screens (TV, phone, and computer).
  - Options: Listening to music, books on tape, guided meditations
  - Sleep as much as you need - the more you sleep in the first 2 weeks the faster you'll recover!
- **Supplements**
  - Fish oil with DHA 1000mg 2x per day for 1 month - best supported
  - B Complex Vitamins
  - Melatonin - slow release if needed to assist with sleeping
- Start **light cardiovascular exercise** 20 minutes per day after the first 72 hours.
  - Options: Walk around the block, light spinning on bike
  - Stay below your symptom threshold - we can test and prescribe in our clinic.

### **Late Management:**

- 90% of concussions heal within 4 weeks. If symptoms persist longer than 3 weeks further evaluation will be necessary.
- Early headache management can begin within the first 7 days. Treatment will consist of traditional physical therapy for the neck - heat, electrical stimulation, massage, stretching, neck strengthening, traction, and joint mobilization.
- Symptoms of eye strain/pain/fatigue, dizziness, headaches, car sickness etc. should be evaluated by our Physical Therapists on staff after 2 weeks.
- Symptoms lasting over 4 weeks are attributed to secondary syndromes post-concussion oculomotor system and vestibular system. These can successfully be treated in our Concussion Clinic.
- **Return to Learn** - Accommodations can be made as needed to help your child return successfully to school.
- **Return to Sport** - Our clinicians are able to monitor your child's return to sport with scientific testing and a graded return to play protocol.

Please contact our office with any questions you may have about yours or your child's recovery.

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