

RISK FACTORS AND PREVALENCE

Those with the following characteristics are more likely to sustain a concussion:

- Females
- Youth
- History of Concussion
- History of Migraine
- Diagnosis of Learning Disability/ADHD

People who have the following characteristics tend to have longer recovery periods:

- Posttraumatic migraine
- immediate, cervicogenic, or general dizziness
- sub-acute fogginess
- difficulty concentrating
- nausea/vomiting
- headache
- slowness
- imbalance
- photo/phonosensitivity
- numbness

WHY SEE A PHYSICAL THERAPIST?

To determine which tracts of PCS you fall into:
cervical, vestibular, oculomotor, anxiety/mood, cognitive/fatigue, post-traumatic migraine, or physiological/exertional

To create and implement individualized plans of care to address your specific needs/symptoms such as:
oculomotor exercises, balance activities, coping mechanisms, manual therapy (for soft tissue injury)

EDUCATION!

To help you to understand your brain, how it responds to different stimuli, and how to best manage your symptoms when they do happen

Schedule an appointment today
so we can help you recover and return to pain-free optimal performance and function.



*Everything you need
to know about*

POST- CONCUSSION SYNDROME

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Don't Ignore the Signs!

WHAT IS POST-CONCUSSION SYNDROME?

Post-Concussion Syndrome (PCS) occurs when a person continues to experience concussion symptoms past normal recovery times. There is no consensus of when concussion stops and PCS begins, therefore, it is extremely difficult to officially diagnose. Generally, PCS "starts" and concussion "ends" about 2-3 weeks after initial injury.

WHAT ARE THE MOST COMMON SYMPTOMS?

- Headache
- Insomnia
- Exercise Intolerance
- Cognitive Intolerance
- Fatigue
- Noise and Light Sensitivity
- Psychological Symptoms (depressed mood, irritability, anxiety)
- Cognitive Problems (memory loss, poor concentration, difficulty problem solving)

** Important to note these symptoms can be present without history of concussion/trauma*

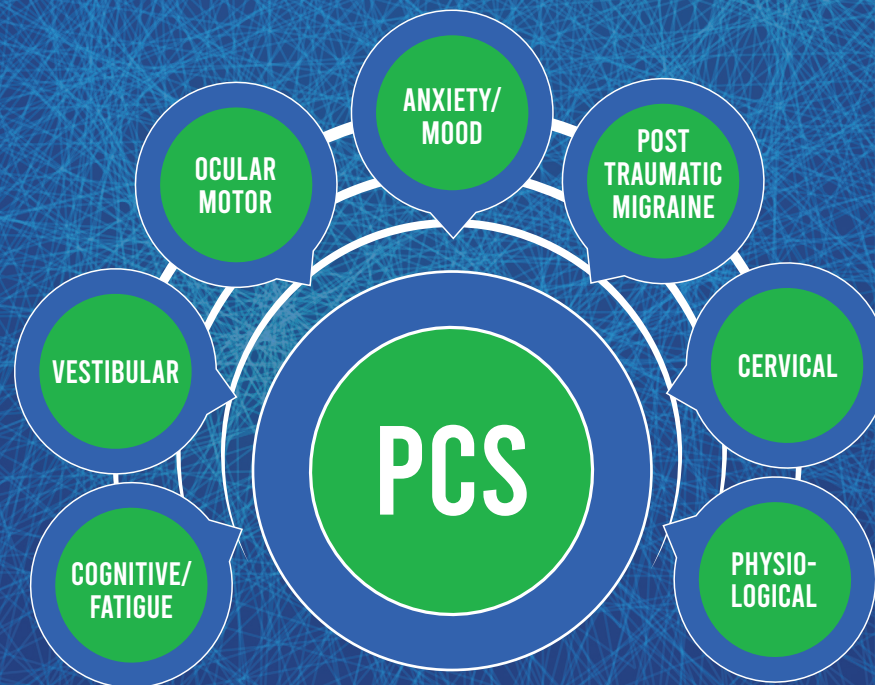
HOW IS IT DIAGNOSED?

There is no test/image to 100% confirm, which is why baseline testing is important (lets us track symptoms and recovery). Neurocognitive testing such as ImPACT is great for getting baseline data to compare when concussion/PCS is suspected.

GENERAL TREATMENT: WHAT YOU CAN DO

Limiting physical, mental, and emotional stresses BUT not completely eliminating these entirely. You want a balance of exertion and rest. Your brain responds to the stresses applied to it: some stress is good; too much can cause delays in healing.

POST-CONCUSSION SYNDROME TRAJECTORIES



It is estimated that
UP TO 40%
of concussions will become post-concussive