

Concussion

A concussion is a brain injury that occurs when the brain is shaken inside the skull, causing changes in the brain's chemistry and energy supply. A concussion might happen as a result of a direct blow to the head or an indirect force, such as whiplash. You might or might not lose consciousness.

If you think you might have a concussion:

- Seek medical care immediately.
- Avoid any additional trauma to your head—don't engage in any activity that carries a risk of head injury.
- Limit activities of all kinds, including school and work.

HOW A PHYSICAL THERAPIST CAN HELP

Because no 2 concussions are the same, a physical therapist will perform an examination to assess your individual symptoms and limitations, and then design an individualized treatment program.

- **Help Stop Dizziness and Improve Your Balance**
If you have dizziness or difficulty with your balance following a concussion, vestibular physical therapy may help. A qualified vestibular physical therapist can provide specific exercises and training to reduce or stop dizziness and improve balance and stability.
- **Reduce Headaches**
Your examination will include checking you for neck problems. Neck injuries can cause headaches and contribute to some forms of dizziness. Your therapist also can assess your back for possible injuries to your spine



The Centers for Disease Control (CDC) estimate that in sports alone, more than

3.8 million

concussions occur each year months.