



TCO Concussion Patient Information Sheet

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If you suspect you have sustained a concussion or have been diagnosed with a concussion, you do not need to be immediately seen for evaluation by a physician. You should monitor your symptoms over the next 24-48 hours for any significant changes and follow-up with an appropriate health care provider within the next few days. It is important to understand that every concussion is unique and the timeframe for complete recovery cannot be determined at the time of initial injury.

Below is list of symptoms you should monitor for which may indicate a more serious injury. Should any of these symptoms arise, seek emergent medical attention.

Significant Headache
Slurred Speech
Seizures

Lack of Coordination
Difficulty Breathing
Vomiting

Visual Changes/Dilated Pupils
Stumbling/Loss of Balance
Personality Change

CONCUSSION MANAGEMENT – HOME CARE INSTRUCTIONS

<p><u>IT IS OK TO:</u> Use Tylenol (Acetaminophen) Use an Ice Pack on the head/neck Eat as tolerated Get a good night of sleep Complete homework to tolerance</p>	<p><u>THERE IS NO NEED TO:</u> Check your eyes with a light Wake up every hour Stay in bed or a dark room Be seen emergently unless your symptoms change (<i>see above</i>).</p>	<p><u>AVOID:</u> Drinking alcohol Texting/Playing video games Driving Strenuous activity NSAIDs (Advil, Aleve, Aspirin, etc.)</p>
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CONCUSSION MANAGEMENT – ACADEMICS/SCHOOL ATTENDANCE

<p><u>YOU SHOULD MAKE SURE TO:</u> Tell your teachers & school staff about your injury Identify <u>essential</u> content & assignments to complete Develop a realistic timeline for completion</p>	<p><u>IT IS OK TO:</u> Work on assignments to tolerance Attend school/class to tolerance Take frequent breaks as needed</p>
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CONCUSSION MANAGEMENT – RETURN TO PLAY

<p><u>BEFORE RETURN TO PLAY/COMPETITION, YOU MUST:</u> Be re-evaluated & cleared by an approved health care provider Be free of all signs & symptom of a concussion at rest and during exercise Complete a step-wise exercise progression and remain symptom free</p>

TCO CONCUSSION PROGRAM

A concussion can be frightening and, at times, complex. However, when managed properly patients can make a complete recovery and return to school, sport, and other activities. Twin Cities Orthopedics is proud to offer management resources through the TCO Concussion Program including neurocognitive (ImPACT) testing, vestibular therapy, exertional therapy, return to learn planning and final clearance for return to activity.

PLEASE CALL 763-302-2171 FOR APPOINTMENT SCHEDULING