

TCO CONCUSSION PATIENT INFORMATION SHEET

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

IT IS OK TO:

Use Tylenol (Acetaminophen)
Use an Ice Pack on the head/neck
Eat as tolerated
Get a good night of sleep
Complete homework to tolerance
Do light activity such as walking

THERE IS NO NEED TO:

Check your eyes with a light
Wake up every hour
Stay in bed or a dark room
Be seen emergently unless your symptoms change (*see above*).

AVOID:

Drinking alcohol
Texting/Playing video games
Driving
Strenuous activity
NSAIDs (Advil, Aleve, Aspirin, etc.)

CONCUSSION MANAGEMENT – ACADEMICS/SCHOOL ATTENDANCE

YOU SHOULD MAKE SURE TO:

Tell your teachers & school staff about your injury
Identify essential content & assignments to complete
Develop a realistic timeline for completion

IT IS OK TO:

Work on assignments to tolerance
Attend school/class to tolerance
Take frequent breaks as needed

CONCUSSION MANAGEMENT – RETURN TO PLAY

BEFORE RETURN TO PLAY/COMPETITION, YOU MUST:

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

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 comprehensive examination, vestibular therapy, graded exercise planning, return to learn planning and final clearance for return to activity.

APPOINTMENT SCHEDULING

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