

TCO Concussion Patient Information

You have been diagnosed with an acute concussion injury today by our Orthopedic Urgent Care Provider.

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 HOME CARE INSTRUCTIONS

It is okay to:

- Use Tylenol (Acetaminophen) for symptom management.
- Use an Ice Pack on the head and/or neck.
- Eat as tolerated.
- Stay well hydrated.
- Get a good night of sleep.
- Complete homework that does not make your symptoms worse.
- Do light daily activities and exercise (i.e., daily chores walking) that do not make your symptoms worse.

There is no need to:

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

PLEASE AVOID:

- Screen time for the first 48 hours after your injury.
 - *After 48 hours screen time is okay in moderation.*
- Non-essential driving.
- Strenuous activity and exercise (i.e., running, lifting, sport activity, heavy yard work).
- Drinking alcohol.
- Taking NSAIDs (Advil, Aleve, Aspirin, Ibuprofen, Naproxen, etc.) for your headache.
 - *It is okay to use Tylenol (Acetaminophen) for symptom management.*
- Activities that may put you at risk for repeat injury to your head.

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 of assignments and assessments.

It is okay to:

- Complete homework that does not make your symptoms worse.
- Attend school/class that do not make your symptoms work.
- Take frequent breaks as needed to reduce your symptoms.

RETURN TO PLAY FOLLOWING A CONCUSSION

Before return to sport/competition, you **MUST**:

1. Be re-evaluated & cleared by an approved health care provider.
2. Be free of all signs & symptom of a concussion at rest and during exercise.
3. Complete a step-wise return to activity progression and remain symptom free.

SPORTS CONCUSSION PROGRAM FOLLOW-UP CARE

Physical Therapy Referral

Beginning an early rehabilitation program has been shown to:

- Decrease the number and intensity of concussion symptoms.
- Decrease the amount of time before your concussion symptoms resolve.
- Decrease the risk of having concussion signs & symptoms lasting longer than 4 weeks.

Your individualized rehabilitation program may include:

- Exertional testing
- Exercise prescription.
- Vestibular rehabilitation.
- Oculo-Motor rehabilitation.
- Cervical Spine rehabilitation.
- Return to sport progression.

You will receive a call from our Sport Concussion scheduling team to further discuss your care and schedule visits with a Concussion Physical Therapist and/or a Sports Medicine Physician.