

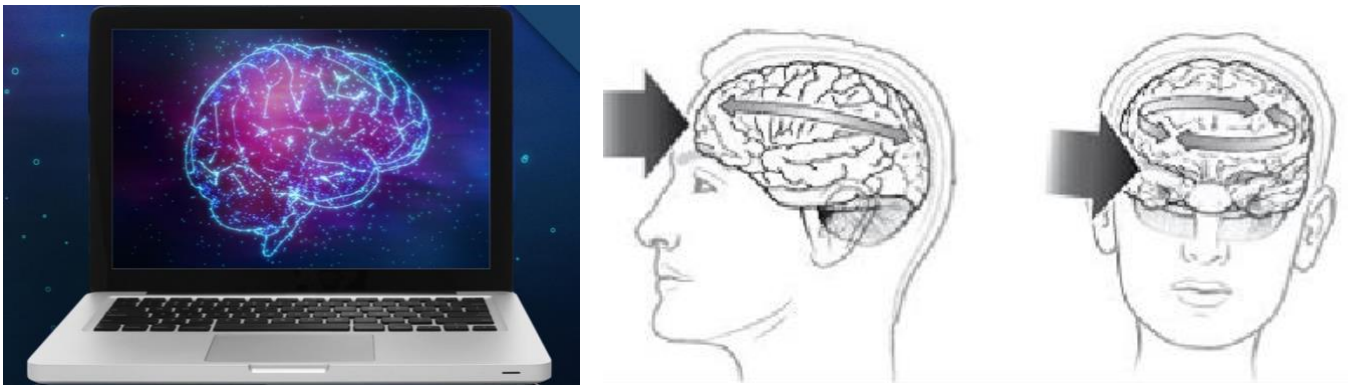


Concussion

A transient disturbance in neurological function following direct or indirect trauma

You don't have to be "knocked out" to have a concussion. Even a blow to the body that results in impulse being transferred and simply shakes the brain inside the skull, can cause a concussion.

It's much like dropping your laptop and having a temporarily slow computer- which can re-boot and recover quickly or slowly.



The initial treatment is physical and cognitive rest for 48 hours, followed by a guided, graduated return to non-exacerbating activities. The assessment should involve an experienced clinician to carefully check the multiple domains of brain function that can be affected. There are different "phenotypes" of concussion, with certain clusters of symptoms occurring together. For example, some patients have more headache-related symptoms, while others have more emotion-related symptoms.

Recovery of symptoms occurs within 2 weeks in the vast majority of cases, but a medical review is prudent in providing guidance to return to work, school or play.

There are often multiple contributors to symptoms after concussion including neck stiffness and referred headaches, effects on the balance centres, effects of rest from exercise or activity. There is now evidence to suggest that carefully guided return to exercise that does not increase symptoms can improve recovery, even in patients with persisting symptoms.

Those who may have a more prolonged recovery, may require more careful guidance, including:

- Children- who have a developing brain
- People who have more widespread and severe symptoms initially
- People with a history of migraine, mood disturbance or learning impairment
- People with multiple previous concussions