








CONCUSSED, NOW WHAT?

Here is your guide for post concussion

Follow this guide and visit www.osteohalthcalgary.com to book your assessment. Rehab initiated as early as 48 hours post injury is associated with a more favorable recovery

DO:





-  Eat nutritious food. Avoid inflammatory foods by eating whole foods such as fruits, vegetables, and grilled fish or meat. Avoid fast food and confectionery
-  Drink plenty of water. Your brain is over 70% water and it needs water to effectively heal.
-  Sleep at your usual bedtime. We now know that you don't need to wake someone up every hour. Get a good nights sleep. Sleep is when our brain heals.
-  Take it easy. Your brain needs cognitive and physical rest. Taking a few days off work or school is the best way to support your recovery.
-  Keep moving. Walk around regularly and generously as tolerated. This will help move blood through your body and most importantly to your brain.

RED FLAGS

IMMEDIATELY go to the emergency department if any of these symptoms are present:

- Loss of consciousness
- Seizures or convulsions
- Worsening headache
- Vomiting
- Increasing confusion
- Bruising on the head or face
- Slurred speech
- Inability to remember injury
- Weakness or numbness in arms or legs

DO NOT:

-  DO NOT take pain killers or drink alcohol. They can mask what is going on and make it difficult to monitor the concussion.
-  If possible DO NOT look at screens. Screens (TV, Phone computers) actually are like strobe lights and shine flashing lights into your eyes, overstimulating our brain
-  DO NOT try to play your sport or go to work until you have been cleared by a medical professional.
-  DO NOT lock yourself in a dark room. This was best practice years ago. We now know SO much more. Your brain needs gentle stimulation.

BOOK NOW

Book your assessment with Indira at osteohalthcalgary.com

We work with busy people that are eager to recover as soon as possible. We create individualized treatment plans based on a comprehensive neurological assessment. This ensures you recover and return to work or play as safe and as soon as possible.