

A concussion, also referred to as a mild traumatic brain injury, is a disturbance in brain function caused by an external force. Prompt diagnosis and management by a physician who is experienced in concussion care is crucial.

While you're concussed, too much cognitive or physical activity, as well as too little, can worsen concussion symptoms and prolong recovery. We recommend that a sports neurologist helps you find a "sweet spot" of activity, to minimize symptoms and shorten the duration of recovery.

The following is not meant to replace specific guidance from your physician, but in general we recommend:

<b>Concussion Recovery Recommendations</b>	
<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• At first, avoid physically strenuous activity, including exercise.</li> <li>• It is okay to walk around at a leisurely pace and perform typical daily tasks.</li> <li>• Once symptoms have moderately improved, begin to increase physical activity as tolerated (going on longer walks, climbing stairs, performing light work on a stationary bike or elliptical, and doing more demanding daily activities).</li> <li>• Your physician will guide you through the specifics of gradually returning to physical activity.</li> </ul>
<b>Cognitive Activity</b>	<ul style="list-style-type: none"> <li>• Limit mentally demanding activities, such as reading or studying, if they make your symptoms significantly worse.</li> <li>• If symptoms worsen, take frequent breaks and return to activity only if symptoms resolve or improve.</li> </ul>
<b>Academic Accommodations</b>	<ul style="list-style-type: none"> <li>• If symptoms are bad enough, it may be reasonable to miss a day or two of school right after a concussion. Gradually return to school, beginning with partial school days and increase as tolerated.</li> <li>• An extended absence from school is discouraged. Your physician may recommend specific academic accommodations as you return to school.</li> </ul>
<b>Screen Time</b>	<ul style="list-style-type: none"> <li>• Limit time on computers, television, phone, tablets, or any electronic devices that make symptoms significantly worse.</li> <li>• Some phones and tablets have a blue light filter. If you are experiencing sensitivity to light, this feature may be used if available on your electronic device.</li> </ul>
<b>Hydration</b>	<ul style="list-style-type: none"> <li>• Maintain adequate hydration by drinking plenty of water.</li> </ul>
<b>Sleep</b>	<ul style="list-style-type: none"> <li>• As much as possible, go to sleep and wake up at the same time every day.</li> <li>• Avoid excessive sleep or sleep deprivation and aim for at least 8 hours of sleep each night.</li> </ul>
<b>Headache</b>	<ul style="list-style-type: none"> <li>• Within the first 24 hours of the injury, it is best to avoid medications for headache. Tylenol may be used, however.</li> <li>• Over the counter NSAIDs, such as naproxen (Aleve), may be used after 24 hours.</li> </ul>

**Finally, if you don't feel like you're improving day to day, please reach out to your physician as soon as possible.**

### Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.