



Concussion in Adults

What is concussion?

- A type of traumatic brain injury caused by direct or indirect force transmitted to the head
- Common symptoms include headache, nausea or vomiting, dizziness, confusion, sensitivity to light and noise, fatigue

Will I feel better?

- The duration of symptoms can vary from one individual to another
- Receiving treatment may relieve symptoms and help you return to activities you enjoy

What can I do?

- To help speed up your recovery:
- Participate in your care with your healthcare provider
 - Continue day-to-day activities even if you experience some discomfort (within reason) unless otherwise instructed

Potential treatment options to discuss with your healthcare provider

- Education and coping strategies
- Sleep hygiene
- Melatonin
- Acupuncture
- Cognitive behavioural therapy
- Vision therapy
- Stress management
- Medication
- Accommodations, modifications, support for work/school

Contact your healthcare provider if you experience any of the following

- Headaches that worsen
- Repeated vomiting
- Slurred speech
- Increased confusion or irritability
- Weakness or numbness in arms or legs
- Neck pain
- Unusual behaviour change

Marshall S, Bayley M, McCullagh S, Berrigan L, Fischer L, Ouchterlony D, Rockwell C, Velikonja D, et al. Guideline for concussion/Mild traumatic brain injury and persistent symptoms: 3rd Edition (for adults 18+ years of age). Toronto, ON: Ontario Neurotrauma Foundation, 2018.

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