

Concussion Program

Initial Concussion Care: *What you need to know*

A concussion is described as a sudden movement of the brain, either by forces directly hitting the head or indirectly through the body, which leads to a jarring or bouncing of the brain within the skull. This rapid movement causes a disruption in how the brain communicates with itself, leading to a variety of symptoms.

While a concussion is a serious injury, it is usually not life threatening. There are some signs and symptoms, however, to keep careful watch for to ensure nothing more serious is occurring. This is especially important during the first 24-48 hours. These include but are not limited to:

- **A headache that is worsening and does not improve with pain medications***
- **Drowsiness, and/or inability to wake up**
- **Worsening of dizziness symptoms**
- **Trouble with movement or coordination**
- **Weakness or numbness into arms or legs**
- **Repeated nausea/vomiting**
- **Convulsions/seizures**
- **Slurred speech**
- **Unequal pupil sizes**
- **Unusual behavior, increased confusion or agitation**
- **Increased face or scalp swelling**
- **Drainage coming for the nose or ears**
- **General worsening of condition overall**

If any of these are observed, call 9-1-1 or take the concussed individual to the Emergency Department immediately.

* When taking pain medication, make sure to speak to your physician on what is most appropriate. It is important to note that since the symptoms of a concussion are due to chemical imbalances in the brain, commonly performed imaging such as CT scans or MRIs, may not show any abnormal findings and should not be used to confirm or deny the diagnosis of concussion.

SLEEPING: It is common for a person who has had a concussion to become tired and lethargic. It is acceptable for the individual to sleep. However, excessive sleepiness and lethargy would be cause to seek further evaluation from a healthcare professional.

The contents of this material are for informational purposes only and do not constitute medical advice; the content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

HOW TO REFER:

Call our direct program line at **(904) 419-6101**
Direct fax **(904) 419-6191 JCA**

BrooksConcussion@BrooksRehab.org

Send a referral with "Evaluate and Treat" noted and specify Brooks Concussion Program.

BrooksRehab.org

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