

## Concussion Education

*“When in doubt, sit them out”*

### What do I look for in my child?

- A concussion does *not* need to include a hit to the head OR a loss of consciousness. A concussion can occur from a hard jarring motion to the body.
- *You know your own child:* behavioral changes are common after a concussion. Look for mood changes, changes in energy levels, and changes in interest.
- **Sleep:** if your child is suddenly sleeping more *or* less.
- **School:** reports home from the teachers of changes in behavior, participation, performance, or attention/concentration are *key signs*.
- **Physical:** the child may complain of neck pain, dizziness, headaches, visual changes, balance issues. *These are all treatable symptoms of concussion.*
  - Complaints of headaches with school, computer use, or television are common after concussions.
- **Delayed symptoms are possible!!** Sometimes symptoms won't start for up to 48 hours after the possible concussion. This is why it is better to sit them out for a day and make sure the child is not concussed. Research shows that children who play just 1 more play after the concussion recover **50% slower**.
  - Symptoms also can linger for a long time. If your child is having mood changes and behavioral issues or trouble in school - think back if a concussion had occurred earlier in the year. These can often be related but missed! A thorough evaluation may find mild remaining deficits contributing to your child's symptoms.

### What to do right away?

- Visit: [PhoenixConcussionRecovery.com](http://PhoenixConcussionRecovery.com) for more information.
  - This is a site written for the patient. It provides the latest education supported by research in an easy to understand way.
- Check in with a local provider for medical supervision:
  - **Think Head First** is located in Park City and specializes in concussion management.
  - There are also programs at the **University of Utah** and **Intermountain Health Care**.
- *If your child is experiencing a “spinning sensation” as dizziness, this is likely due to vertigo or BPPV. Vertigo is easy to treat by a trained professional.*
- **Ask your child:** do you feel dizzy when you lay down or roll over? Do you feel dizzy when you tip your head back? Do you feel dizzy when you bend over and stand back up or when you first sit up in the morning?
  - If the child answers **yes**, bring them to physical therapy as soon as possible. You will be evaluated, treated, and provided with home instructions.

### What will your provider look for?

- *It depends on the provider - doctors, physical therapists, occupational therapists, chiropractors, speech language pathologists all play their own role in your recovery but **should** work together!*
- Wasatch PT's Concussion Management Program specializes in primitive reflexes, vision therapy, vestibular (inner ear/balance/dizziness) therapy, and orthopedic injuries (neck pain etc).
  - **Primitive Reflexes:** A new treatment paradigm created by our therapists. Movement exercises addressing areas of the brain which control focus, concentration, attention, balance, coordination, vision, sleep, and mood regulation. Specific exercises are provided with a home program to re-ingrate these reflexes after concussion.
  - **Vision Therapy:** A specialty therapy provided to improve the tracking and coordination of your eye movements. Not your 20/20 vision! *80% of our visual performance has nothing to do with your acuity.* Specialized training allows you to improve your tolerance to reading/computer and improves the ability of the eyes to track on the page.
  - **Vestibular Therapy:** Addresses vertigo (spinning sensation) which is common after concussion and treatment can start within the first 48 hours! More advanced inner ear therapy will address spatial awareness, balance, and other types of dizziness.
  - **Orthopedic:** Traditional physical therapy to address neck pain, headaches, and other injuries that may have occurred during the concussion. Including craniosacral therapy (CST) which improves the mobility of the fluid in your skull and helps with calming the nervous system.

### Early Recommendations:

- Dark rooms are *only* for the first 24-48 hours! Start back into light physical activity ie: a 20 minute walk after 48 hours.
  - Slowly start back to school - your doctor or therapist can provide accommodations for school.
  - PhoenixConcussionRecovery.com offers a guided return to sport exercise program which can be used to supplement your therapies!
- **Avoid:** risky behaviors, sports, and P.E. until cleared by a professional.
- **Limit:** computer time, reading (use books on tape through library), TV
- **Supplements:** Fish oil with DHA at 1000mg 2x/day, B complex vitamins, melatonin for sleep, probiotics, D3 in liquid form.
  - You can visit *Alpine Apocathary for a concussion kit.*
- *Visit with the appropriate healthcare provider! It is better to have one visit to make sure everything is ok!*

### How to reach us:

Call (435) 649 - 7335

We are located at 597 Parkway Drive, Ste C & D in Silver Creek  
We accept most insurances as well as affordable private pay rates

[www.WasatchSportsMedicine.com](http://www.WasatchSportsMedicine.com)