

Home Care for Concussion Management

A concussion is a sign that you have acquired a traumatic brain injury (TBI). In order for proper healing to occur, the following protocols should be exercised:

- Referral to the emergency room if any red flag symptoms occur OR if present symptoms increase
 - o Red flags include:
 - Seizures
 - Loss of consciousness
 - Vomiting
 - Loss of bowel/bladder function
- Refraining from sport activity
 - o Including any workout components at a competitive or recreational level, such as:
 - Gym class
 - Weight lifting
 - Playing tag/Frisbee/other games
 - Anything where you are increasing your heart rate!
- Complete rest
 - o Avoid unnecessary reading and loud noises, including:
 - Texting
 - Watching television/playing video games
 - Loud music/concerts/movie theater
- Normal healthy eating habits
- Normal full-nights sleep
 - o You do NOT need to be woken up by someone at time intervals
- No NSAIDs (Non-steroidal anti-inflammatory drugs)
 - o This includes, but is not limited to:
 - Advil
 - Motrin
 - Ibuprofen
 - Aleve
 - Bayer

You may return to sport once cleared by a licensed medical provider. This does NOT include an ER physician on the same day of injury or a chiropractor. In certain circumstances you may be cleared by a physician, but not allowed back to play until an athletic trainer has completed a progressive return to play exertion test.

Austri Silver, ATC, NH LAT
Certified Athletic Trainer, NH Licensed Athletic Trainer