

Concussions

Overview

We have heard in the media of the effects of concussion which is an inflammatory response by the body to the trauma. The swelling is inside the head so there is a build up of pressure on the brain. The effects of concussion can be treated with the treatments that help with chronic inflammation. Unfortunately, the majority of concussions do not get treatment and may not be diagnosed properly. The athlete may not want to sit out for the rest of the game and have reported, in the media, to have hidden their symptoms to their families or coaches. It is a problem as there are 30,000 sports related concussions every single year (Canadian stats). Recent advances in the field of Brain Therapy may be helpful for those who have had a concussion.

Specifics – what is a concussion?

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. Although there may be cuts or bruises on the head or face, there may be no other visible signs of a brain injury.

You don't have to pass out (lose consciousness) to have a concussion. Some people will have obvious symptoms of a concussion, such as passing out or forgetting what happened right before the injury. But other people won't. With rest, most people fully recover from a concussion. Some people recover within a few hours. Other people take a few weeks to recover.

Symptoms

Common symptoms after a concussive traumatic brain injury are headache, loss of memory (amnesia) and confusion. The amnesia, which may or may not follow a loss of consciousness, usually involves the loss of memory of the event that caused the concussion.

Signs and symptoms of a concussion may include:

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions
- Appearing dazed
- Fatigue

Symptoms in children

Head trauma is very common in young children. But concussions can be difficult to recognize in infants and toddlers because they may not be able to describe how they feel. Nonverbal clues of a concussion may include:

- Appearing dazed
- Listlessness and tiring easily
- Irritability and crankiness
- Loss of balance and unsteady walking
- Crying excessively
- Change in eating or sleeping patterns
- Lack of interest in favorite toys

What to do for treatment?

If you suspect that you have a concussion or have had a severe blow to your head, you should have yourself checked out at emergency or your doctor. If you have a diagnosis of a concussion, you can find a practitioner of Brain Therapy.

What will I be treated for?

You will be assessed using the SCAT3 which is a series of questions to answer and activities to do. You will also have a physiotherapy assessment done. Your brain has an inflammatory process occurring as a result of the concussion. You will need education re resting the brain while it heals and the inflammation reduces. You will also need to have treatment to assist with reducing the inflammation, working on balance re-education, and treating the other areas of the body which may have been hurt in the fall or accident which caused the concussion.