RESOURCES

Brain Injury Association of Durham Region
www.biad.ca
905-723-2732

Ontario Brain Injury Association (OBIA)
Website: www.obia.ca
(905) 641-8877

Public Health Ontario
Website: www.publichealthontario.ca
1-877-543-8931

Living Concussion Guideline
https://concussionsontario.org

Local healthcare providers such as doctors, neurologists, and physiotherapists.

Contact your primary care provider or local hospital for information and support.

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Pamphlet Sponsored by:

LERNERS Personal Injury Durham Office
LAWYERS
905-409-2438
www.LAW123.CA



RETURNING TO WORK AND PLAY

Returning to work, school, and physical activity after a concussion requires a gradual approach and careful monitoring of symptoms. It is crucial to seek guidance from your healthcare provider before resuming any activities. When returning to work or school, consider adjustments like reduced hours or modified duties to support your recovery. For physical activity, start with light exercise and slowly increase intensity. Pay close attention to any new or worsening symptoms, such as headaches or dizziness, and stop immediately if they occur. Be patient with yourself, give your brain time to heal, and communicate openly with your healthcare provider throughout the process.

HEALING AFTER CONCUSSION

A Guide for Recovery



Brain Injury Association of Durham Region



CONCUSSION

A concussion is a type of brain injury that can occur when the head and neck experience a sudden acceleration, often from a blow or impact to the body. It is important to note that losing consciousness is not necessary to have sustained a concussion. These injuries can happen during various activities such as falls, accidents, assault, sports, or being hit by an object. Symptoms of a concussion may present immediately after the injury or may appear days later. It is essential to be aware of the various causes and signs of a concussion and seek medical attention if needed.



SYMPTOMS

- Symptoms of concussion include headache, dizziness, confusion, nausea, sensitivity to light or noise, memory problems, difficulty concentrating, and in some cases, loss of consciousness.
- Other symptoms may include blurred vision, ringing in the ears, fatigue, irritability, and emotional changes.
- Seeking medical attention is crucial if experiencing any of these symptoms as a concussion can have serious long-term consequences if not properly diagnosed and treated promptly.

RECOVERY PROCESS

Steps for proper recovery after a concussion include rest, avoiding screen time, and limiting physical activity. It's important to give your brain time to heal and gradually reintroduce activities as tolerated. Follow healthcare provider's recommendations and monitor symptoms closely for any changes.

Recovery time from a concussion can vary based on individual factors such as the severity of the injury, overall health prior to the concussion, age, and previous history of concussions. Since each concussion is unique, it is important to seek medical attention and follow-up care, as well as track and monitor symptoms in order to support a full recovery.

Remember, no two concussion recoveries are the same, and recovery time may vary depending on these factors.

