



# IF YOU SUSTAIN A CONCUSSION...

## DO

- ✓ Know you will get better by maintaining a positive outlook on recovery.
- ✓ Sleep, eat a well-balanced diet, stay hydrated and maintain normal activities as long as symptoms do not increase.
- ✓ Limit physical and cognitive activity so as not to cause increased symptoms.
- ✓ Monitor and honestly report your symptoms to your concussion management team.

## DON'T

- ✓ Participate in any vigorous activity or put yourself in harms way.
- ✓ Take medication containing aspirin or non-steroidal anti-inflammatories
- ✓ Hide or under report your symptoms
- ✓ Drive a car or bike.
- ✓ Expose yourself to bright lights or loud noises if they increase symptoms.

**REFERENCE:** NATA position statement management of sport concussion





**PIVOT**  
PHYSICAL THERAPY

## CONCUSSION SIGNS & SYMPTOMS

- ✓ Loss of consciousness
- ✓ Can't recall events before or after impact
- ✓ Appears dazed or confused
- ✓ Exhibits unusual behavior
- ✓ Moves clumsily
- ✓ Headache
- ✓ Dizziness or balance problems
- ✓ Nausea
- ✓ Confusion, foggy or slowed down
- ✓ Sensitivity to light and noise
- ✓ Blurred vision

## DANGER SIGNS

**REPORT TO ER  
IMMEDIATELY**

- ✓ Decreasing consciousness
- ✓ Increased confusion
- ✓ Increased irritability
- ✓ Numbness or tingling in extremities
- ✓ Unequal pupils
- ✓ Repeated vomiting
- ✓ Seizures
- ✓ Slurred speech or inability to speak
- ✓ Worsening headache
- ✓ Inability to recognize people or places

For a full list of our locations and to learn more about Pivot Physical Therapy's Concussion Management and Rehabilitation Program, visit:

**[www.PivotPhysicalTherapy.com](http://www.PivotPhysicalTherapy.com)**

