

7 Best Tips on How to Manage

Concussion & Post Concussion Syndrome

What you need to know to get the best outcomes, quicker recovery, and how to keep symptoms from worsening.

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7 Best Ways to...

Manage Concussion & Post Concussion Syndrome

In this Special Report on Concussion and Post Concussion Syndrome I share with you **7 simple strategies** you can use to ease your symptoms— some over time and some almost instantly. They're in no particular order, and they all have only one thing in common: They all work. Unfortunately, without knowing the exact ins and outs of **YOUR head injury** I can't tell you which of these strategies will work best for you.

Even if I did know the exact cause of your concussion symptoms, there is no guarantee that any one single strategy will be effective. However, through my experience I've been able to narrow down what is **truly effective and what doesn't work** when it comes to concussion injury. Often times, I am a second opinion for patients who's first treatment plan did not work or only obtained partial outcomes.

The 7 simple techniques you're about to read about are a few of the more helpful strategies we use every day when working with individuals with concussion. I challenge you to **make time every single day** to try just one of these tips over the next few weeks. Within a few weeks, you could have all of these strategies working in your favor, giving you control over your concussion symptoms and giving you back your active and healthy lifestyle. The key is consistency.

If you're able to practice **just one** of these techniques **every day** consistently over the next few weeks, I'm positive you'll be pleasantly surprised at how much better you'll feel.

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1. REST

Gone are the days of "complete rest in a dark room until symptom free."

The days immediately after suffering a concussion are some of the most important. Concussions do not require a loss of consciousness to be diagnosed; the symptoms **can develop immediately or develop over the next 24 hours**. So it is imperative not to go back to play or sport if you suspect a head injury.

Once a concussion is suspected, a person should aim for complete physical and cognitive rest for **24-48 hours after injury**. After this, a person can become gradually and progressively more active as long as symptoms do not increase and has the activity has no risk of head injury. This is called the **sub-threshold** method, meaning, it is good to start activity that stays below causing symptoms.

Click [HERE](#) to find ways to reduce cognitive stress for children with concussion
Want to **track** you concussion symptoms? Click Here for [Post Concussion Survey](#).



2. REDUCE ELECTRONIC USE

Because many people are highly socially connected through electronics and social media, blanket recommendations to have people completely avoid the use of electronics, computers, television, video games, and texting is discouraged; **Carefully limit but do not completely avoid.**

A complete elimination of electronics may result in **feeling socially isolated** from friends and family, which may lead to depressive or anxious symptoms. So moderation is key to avoid making a person feel punished for having a concussion.

Individuals with light sensitivity or oculomotor dysfunction may find their symptoms worsen while using electronics and **may need to limit their overall screen time**, adjust brightness levels, or increase font sizes to reduce episodes of symptom worsening.

*Consider the 20/20/20 rule when using screens: **Every 20 minutes, take 20 seconds, and look 20 feet away.***



3. DECREASE STRESS

Emotional symptoms and irritability are common after concussion. Anxiety that was controlled prior to concussion can often be exacerbated after injury.

Stress and overwork can cause concussion symptoms, and having symptoms can cause stress. **What a vicious cycle!** So how you respond to situations dictates your stress level. Stress can increase blood pressure, cause neck tension, and cause sleeplessness.

Reduce stress by slowing down. I am a huge proponent of **guided meditation**. Use an App like HeadSpace, Calm, or Youtube to take 10 minutes daily to meditate your anxiety away.

While you're walking, practice *breathing* **ONLY THROUGH YOUR NOSE**. This will help keep your neck muscles as relaxed as possible and your diaphragm doing it's job.



4. GET QUALITY SLEEP

After the initial period of 24-48 hours of complete rest, you will become more active. Activity will require more brain energy and you will have to "recharge" your brain at night with sleeping well. Sleep serves as a way to "**recharge the batteries**" so the brain can function normally throughout the day.

Good sleep habits will help you fall asleep quicker. Here are a few of my tips:

1. Aim for **7-9 hours of sleep each night**. Place a star on your calendar for every night you have achieved this goal.
2. Get regular. One of the best ways to train your body to sleep well is to **go to bed and get up at more or less the same time every day**; including weekends and days off.
3. **Don't stay in bed longer than 15-20 minutes**. If you cannot fall asleep by then get up and do something calming or boring until you feel sleepy.

*Find my full **List of Tips HERE**

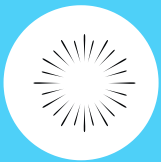


START WALKING

After 24-48 hours post concussion, **the right amount of exercise** actually helps facilitate recovery. It is important to follow the subthreshold principle, meaning performing non-contact activity which does not increase symptoms.

Aim for **light walking 20 minutes** a day without symptoms. If you start to get symptoms, reduce your walking speed until symptoms subside or stop the walk until symptoms abate.

To reduce other irritants during your walk use a hat or sunglasses if it is bright outside. Walk during a time that there is limited traffic so as not to have visual stimuli during walking. If you live on a noisy street, consider using headphones to reduce excessive noise exposure.



6. DONT WAIT TO TREAT DIZZINESS

According to latest studies, early intervention for physical therapy is not harmful in recovery of concussion. No longer do you have to **"wait and see"** if symptoms will just go away on their own.

It has been estimated that near **50% of post concussion syndrome have undiscovered vestibular or dizziness** issues, and over **25% of new concussions have dizziness**. These type of symptoms can easily be rooted out, identified, and treated by a trained vestibular therapist.

However, you should go to a **trained concussion specialist** when you seek early treatment so you ensure the therapist will not push you to quickly or too far. Your therapist should have a deep understanding of concussion rehab and how to adapt to your specific symptoms. **Don't wait to treat your dizziness, recover quicker!**



7. GET PROFESSIONAL HELP

The **fastest way** to take care of your concussion is by going to see a concussion therapist. A therapist can listen to your story, assess your symptoms and find out **EXACTLY** why you are having problems. They can then come up with a plan to fix it so you can get back to working out and tackling your passions!

When looking for a therapist, you owe it to yourself to find one who is willing to spend quality, **one-on-one time with you for a full hour and specialized in treatment of concussions and vestibular disorders.**

Do not settle for someone who just stretches you, has you walk on a treadmill, and gives you a cookie cutter sheet of exercises. Find someone who will give you a full hour of their **undivided attention** to ensure you are getting the most out of every single minute, so you can get back to the workouts, sports and activities you love as quickly as possible.

Combine all these tips from this special guide with a concussion specialist and you **WILL see a dramatic drop** in the concussion symptoms you are currently suffering from.

CONCLUSION

So there you have it! 7 simple tips you can use **TODAY** to end your concussion symptoms and improve your health and fitness.

There's obviously much more that you could do too, and I could go much more in-depth with these techniques and others that we use at **Custom Care Rehab** to treat concussions, but these fundamentals, if applied consistently, **WILL** have a positive impact on reducing your concussion symptoms thus improving your quality of life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues become the source of leading edge health advice for you and **make a real difference to your life.**

PS - If you are currently struggling with concussion symptoms or want a second opinion on your recovery plan we'd be happy to offer you a Free "Discovery" Call. This is a 15-minute call to cover your injury, screening of your symptoms, and discussion of your treatment options.

We would love you get started on your journey back to health. At Custom Care Rehab , we have helped hundreds of clients recover from concussion, improve function, and return them to sports!

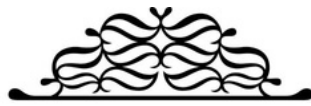
For a **FREE** discovery visit with our excellent therapist drop us an email or give us a call, and we'll help you get started on the right path!

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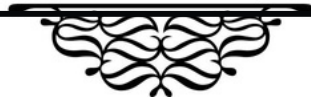
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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic.

The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow therapist's advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the therapists at Custom Care Rehab.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

No guarantees of specific results are expressly made or implied in this report.

